



COVID-19 Guidance for Child Care Settings

Preventing the spread of the virus that causes COVID-19 in child care settings takes many actions. This guidance explains how to keep your child care setting safe for everyone. It also has linked resources for more details.

HOW TO PREVENT THE SPREAD OF COVID-19

- **Get a COVID-19 vaccine:** People who are eligible to be vaccinated can do so for FREE at their local county health department and many other locations. Three vaccines are available:

Name Brand	Ages that can get it	Schedule
Pfizer	5 years and older	Two shots, 21 days apart
Moderna	18 years and older	Two shots, 28 days apart
Johnson & Johnson's Janssen	18 years and older	One shot

Click [here](#) to learn about **booster** recommendations.

- **Stay home when sick and also go home when sick:** This goes for all employees and attendees. COVID-19 symptoms can be different for everyone and sometimes are mild. Quickly evaluate any new symptoms in an employee or child, separate them from others, and send them home. Here is a tool to help know when someone should stay home or be sent home, and tested for COVID-19:

"A" Symptoms	"B" Symptoms
Fever > =100.4 F	Nasal Congestion/Stuffy Nose
Sore Throat	Runny Nose
Cough	Muscle/Body Aches
Difficulty Breathing	Fatigue
Diarrhea or Vomiting	Chills
New Loss of Taste or Smell	Nausea
	Loss of Appetite
	Elevated Temperature < 100.4 F
	New Onset of Severe Headache
Recommend testing when:	
Person has 1 "A" Symptom OR	
Person has 3 "B" Symptoms	



- **Keep hands clean:** Train employees and attendees on [when and how to clean their hands](#) correctly with soap and water or hand sanitizer.
- **Correct Mask Usage:** All employees are recommended to consistently and correctly [wear a mask](#), regardless of vaccination status.
- **Clean and disinfect** surfaces and items often and routinely.
- **Train and remind** all employees how to [prevent the spread of COVID-19](#) and other diseases.

COVID-19 ILLNESS AND EXPOSURE POLICIES

- **Develop your sick policies** and include specifics for COVID-19.
- **Share the policy** with employees and parents/guardians. Be sure to clearly describe COVID-19 symptoms and actions needed to prevent spread in the child care setting. Talk about the stomach and bowel symptoms (nausea, vomiting, diarrhea, stomach cramps, etc.) and nose and throat symptoms (cough, runny nose, sore throat, etc.) that can be signs of other illnesses besides COVID-19.
- **Do daily checks for signs and symptoms** of attendees and employees. A great time to do it is when they arrive. Watch for symptoms that may occur during the day and act on them at once.
- **Keep children and employees at home** if they have symptoms OR have been exposed to someone with COVID-19, until it can be determined when they can safely return to the child care setting as described further below.
- **Send children and employees home** as soon as possible if they become sick while at your child care setting.
 - Choose a separate room or area to isolate a sick child from contact with others and while waiting for them to be picked up. It could be a cot in a corner of the classroom, at least 6 feet away from others.
- **Sick employees and children should not return to the child care setting until they have met the facility guidelines.** See recommendations below for COVID-19.

WHAT TO DO WHEN AN EMPLOYEE OR CHILD HAS COVID-19

- **Talk with your county health department** if you need assistance with recommendations for isolation, quarantine, and controlling spread within your facility.
- **Notify the employees and parents/guardians of children** who were in close contact with someone who is sick.
 - Close contacts include employees and attendees in the same classroom of the case, and anyone who was within 6 feet of the case for 15 minutes or more.
 - A person is contagious from the two days before their symptoms begin OR from the date of their COVID test (if they never have symptoms) up until 5 days after.
 - Exclusion and return letters are available for employees and parents from the health department.
- **Notify your local child care licensing specialist** about your positive child/employee, or call Child Care Services at the Department of Human Services (DHS) at 405-521-3561 or toll free: 1-844-834-8314.



WHEN PEOPLE CAN RETURN TO THE CHILD CARE SETTING

- **ISOLATE - Children or Employees with COVID-19**
- Employees and children who have COVID-19 need to isolate at home. This is also recommended for those who were feeling sick but were not tested or cleared by a doctor's note; your facility's sick policy should address this situation. A person can return to the child care setting under these conditions:
 - Those who had symptoms must meet **ALL** of the following conditions:
 1. At least **5 days** have passed since their symptoms started. Onset of symptoms is day 0. AND
 2. Their symptoms have improved AND
 3. At least 24 hours without fever (and without fever-reducing medications) PLUS
 4. Wear a mask for 5 additional days after returning to the child care setting. If they are not able to consistently and correctly wear a well-fitting mask, they should remain out of the child care setting until 10 days have passed since their symptoms started.
 - Those who tested positive for COVID-19, but never had symptoms are safe to return to the child care setting after **5 days** have passed since the day of their COVID test (day 0), and they should wear a well-fitting mask for 5 additional days after returning to the child care setting. If they are not able to consistently and correctly wear a well-fitting mask, they should remain out of the child care setting until 10 days have passed since the day of their COVID test.
 - Refer to the appropriate isolation calculator [here](#).



- **QUARANTINE - Children or Employees Exposed to COVID-19**

If a student or staff have been in close contact with someone diagnosed with COVID-19 and are **not** having any symptoms, it is recommended to choose one of the following actions based on your vaccination status or previous infection status:

If you:	Recommendation:
<ul style="list-style-type: none"> • Are ages 18 or older and <u>received</u> all recommended primary vaccine doses and booster shot, OR • Are ages 18 or older and received all recommended primary vaccine doses but are <u>not eligible for a booster shot</u>, OR • Are ages 5 – 17 and received all recommended primary doses of vaccine, OR • Were lab positive for COVID-19 within the last 90 days 	<ul style="list-style-type: none"> • Wear a well-fitting mask around others for 10 days from your last date of exposure to COVID-19. • Test on day 5 from your exposure, if possible. • <i>If you develop symptoms, get tested and stay home.</i>
<ul style="list-style-type: none"> • Are ages 18 or older and received all recommended primary vaccine doses but have <u>not received</u> a recommended booster shot when eligible, OR • Have <u>not completed</u> all recommended primary vaccine doses, OR • Are <u>unvaccinated</u>. 	<ul style="list-style-type: none"> • Stay home for 5 days from your last date of exposure to COVID-19. After that, wear a well-fitting mask around others for 5 additional days. • If you can't quarantine, you are recommended to wear a well-fitting mask, while around others, for 10 days from your last date of exposure. • Test on day 5 from your exposure, if possible. • <i>If you develop symptoms, get tested and stay home.</i> <p>Refer to the quarantine calculator here to help calculate your quarantine date.</p>

Resources:

- Oklahoma State Department of Health (OSDH) COVID-19 webpage: <https://oklahoma.gov/covid19.html>
- Centers for Disease Control and Prevention (CDC) COVID-19 webpage: www.cdc.gov/coronavirus/2019-nCoV/index.html

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