

CHILD HEALTH MONTH 2020

COVID-19 PREPAREDNESS

TOOLKIT



COVID-19 is a serious health threat that could potentially impact the health of Tennessee's vulnerable populations, including Tennessee's youth. Governor Lee introduced a statewide campaign entitled **Face It. Masks Fight COVID-19** in July 2020. The campaign's focus is to encourage Tennesseans to use masks to prevent the spread of COVID-19.

Likewise, during Child Health Month, we would like to emphasize **COVID-19 Preparedness** and the importance of taking steps to prevent the spread of COVID-19, like wearing masks, proper handwashing and being aware of and taking appropriate action should you notice symptoms.

This toolkit features best practice recommendations from the Centers for Disease Control and Prevention - National Center for Immunization and Respiratory Diseases, Division of Viral Diseases for various populations including child care programs, schools K-12 and youth sports and coaches. For additional information, please refer directly to the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html>.

***Remember to maintain local social distancing guidelines.**

Content Source: National Center for Immunization and Respiratory Diseases,
Division of Viral Diseases
Last Updated July 31, 2020

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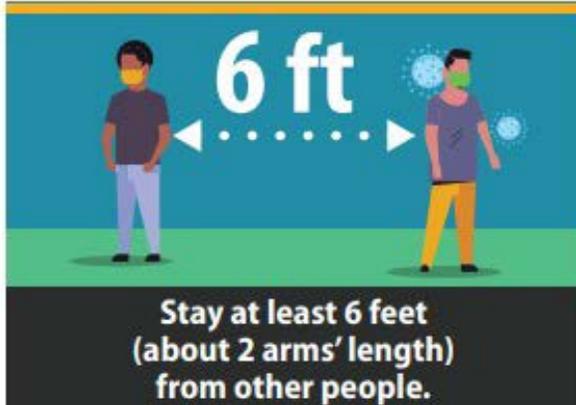
Resources for Child care Programs



The posters in the following section may be placed on childcare bulletin boards, provided to families or added to newsletters. The purpose of the posters is to provide tools for child care program administrators to make decisions, protect children and staff and communicate vital health information to the families of the children in their care.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

316917-4 May 13, 2020 11:00 AM

How to Protect Yourself and Others

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



CS 1162916 06/30/2020

cdc.gov/coronavirus

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face covering in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).

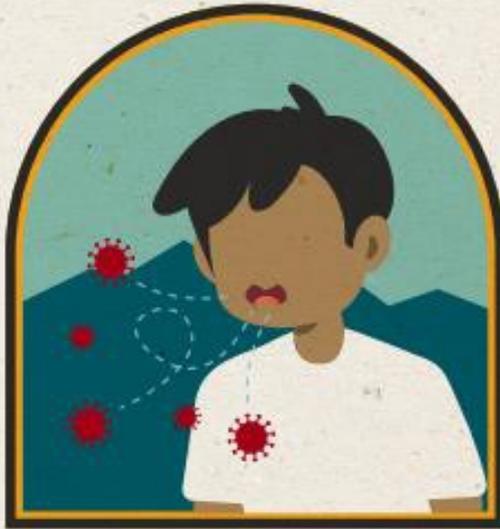
cdc.gov/coronavirus

SLOW THE SPREAD

PRACTICE PHYSICAL DISTANCING IN CHILDCARE PROGRAMS



DON'T LET YOUR GERMS GO FOR A RIDE



COVER YOUR COUGHS AND SNEEZES

with a tissue or use the inside of your elbow.
If you use a tissue, throw it in the trash, and
wash your hands right away.



©2020-4 Jun 21, 2020 11:41

cdc.gov/coronavirus

HANDWASHING

is your superpower!



CS276883-0 04/24/2020

cdc.gov/coronavirus

Cover Coughs and Sneezes

Stop the spread of germs
that can make you and others sick!



Cover your
mouth and nose
with a **tissue**
when you
sneeze or cough.



If you don't
have a tissue,
use your
elbow.



Wash hands
often, **especially**
after coughing
or sneezing.



CS 514883-0 05/06/2020

cdc.gov/coronavirus



1 Wet



2 Get Soap



Hands that look clean can still have icky germs!



3 Scrub



4 Rinse



5 Dry

Wash YOUR HANDS!



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, G.D.J.C. and Staples. HHS/CDC does not endorse commercial products, services, or companies.

¡Aunque las manos se vean limpias pueden tener microbios asquerosos!

1 Moja

2 Enjabona

3 Restriega

4 Enjuaga

5 Seca

¡LÁVATE LAS MANOS!

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Este material fue elaborado por los CDC. La campaña "La Vida es Mejor con las Manos Limpas" es posible gracias a una asociación entre la Fundación de los CDC, 3M, Inc. y Kimberly-Clark. Los CDC y el HHS no respaldan productos, servicios ni empresas comerciales.

الأيدي التي تبدو نظيفة قد لا تزال تحتوي على جراثيم لزجة!

١ بلل

٢ أحضر الصابون

٣ نظف بالفرك

٤ اشطف

٥ جفف

اغسل يديك!

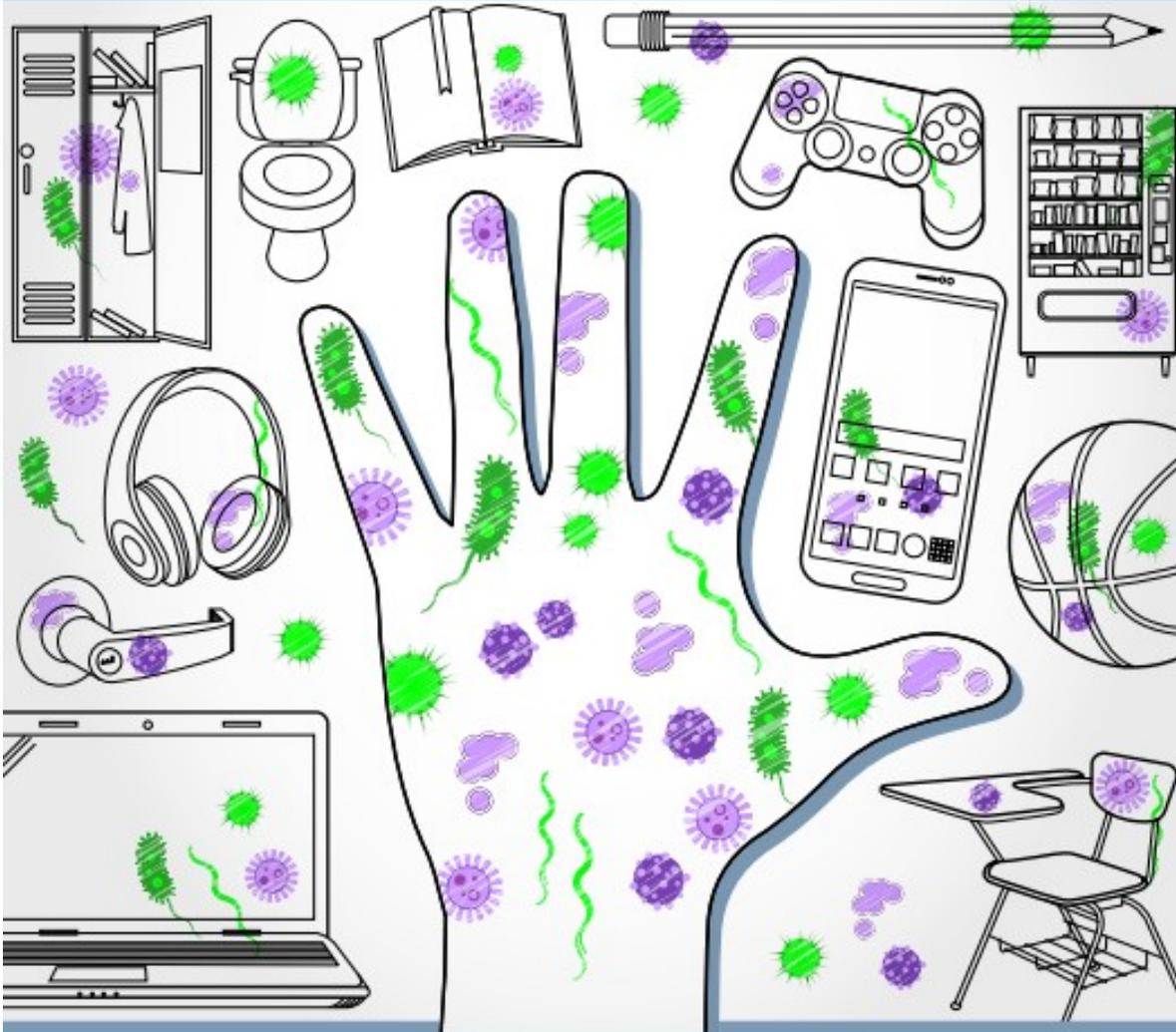


 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

تم تطوير هذا الملصق بالتعاون مع منظمة الصحة العالمية (WHO) والوكالة الأمريكية لمكافحة الأمراض (CDC). استمع هنا: <https://www.cdc.gov/media/releases/2015/s150818-clean-hands-01.html> Life is Better with Clean Hands. For more information, visit www.cdc.gov/handwashing.
تم تطوير هذا الملصق بالتعاون مع منظمة الصحة العالمية (WHO) والوكالة الأمريكية لمكافحة الأمراض (CDC). استمع هنا: <https://www.cdc.gov/media/releases/2015/s150818-clean-hands-01.html> Life is Better with Clean Hands. For more information, visit www.cdc.gov/handwashing.

GERMS

are all around you.



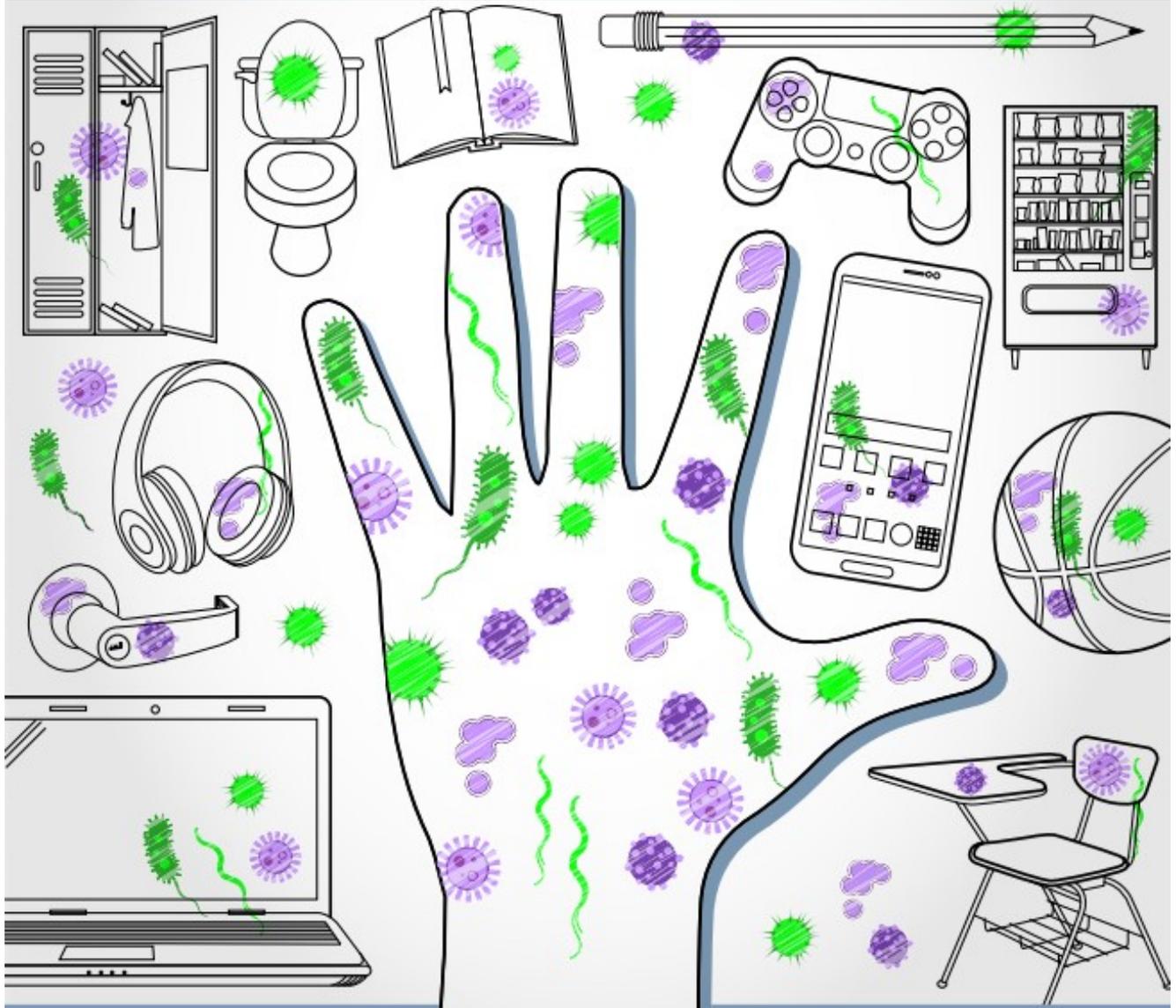
Stay healthy.
Wash your hands.

CS294906-F
PN300506

www.cdc.gov/handwashing



Los **MICROBIOS** están por todos lados.



Mantente sano.
Lávate las manos.

CS294906-F

www.cdc.gov/handwashing/esp



CHILD HEALTH MONTH 2020

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Resources for Youth Sports / Coaches



The posters in the following section may be placed on bulletin boards and walls, placed on team social media sites or added to newsletters. The video may also be uploaded to team social media sites. The purpose of the resources is to provide tools for youth sports administrators to make decisions that protect their teams and players and to share information with the community.

STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



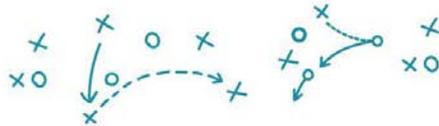
Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.



cdc.gov/coronavirus

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs

Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure

Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.



Lower Risk



Skill-building drills at home



Within-team competition

Higher risk



Full competition from different areas



cdc.gov/coronavirus

CS 117091-C 05/28/2020

CHECKLIST FOR COACHES

Protect Players from COVID-19

- Send a welcome email or call parents and/or players. Inform them about **actions that the sports program will take to protect players**. Remind them to stay home if sick or if they have been around someone who is sick.
- Be a role model. **Wear a cloth face cover** and encourage parents, fans, officials, and sports staff to wear one during practices and games.
- Provide **hand sanitizer with at least 60% alcohol** to players before and after practice/game, or encourage them to wash their hands with soap and water.
- Educate players about **covering coughs and sneezes** with a tissue or their elbow. Discourage spitting.
- Remind players about **social distancing** and identify markers (signage or tape on floor, if applicable). Encourage your players to focus on building their individual skills and cardiovascular conditioning, so they can limit close contact with other players.
- Check with your sports administrator to make sure they are following **cleaning and disinfection** recommendations.
 - Cleaning and disinfecting frequently touched surfaces on field, court, or play surface (e.g. drinking fountains) at least daily or between use.
 - Cleaning and disinfecting shared equipment



Lower Risk



Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



CS 117099-8 05/28/2020

cdc.gov/coronavirus



Video download - Press Ctrl and click the link below

<https://www.youtube.com/watch?v=LMBzjaVRChY>

CHILD HEALTH MONTH 2020

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Resources for K-12 Schools



The posters in this section are intended to aid school administrators as they consider how to protect the health, safety and wellbeing of students, teachers, other school staff, their families and communities and prepare for educating students. Post them on social media pages, provide them to parents or include the information in classroom discussions.

Do it for Yourself and Your Friends

If you have or think you have COVID-19

Stay home, get rest, and hydrate



And later you can...



Wear a Cloth Face Covering to Protect You and Your Friends

PUT ON



WASH YOUR HANDS



PLACE OVER NOSE AND MOUTH

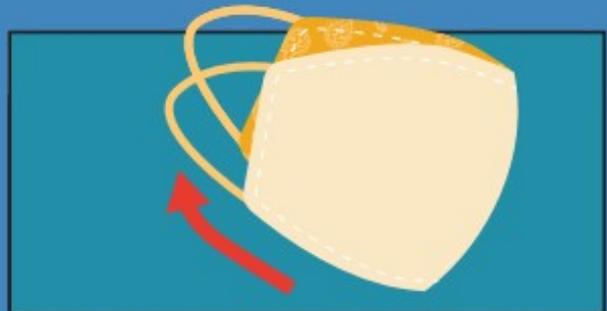


MAKE SURE YOU CAN BREATHE EASILY

TAKE OFF



TAKE OFF YOUR FACE COVERING



FOLD OUTSIDE CORNERS TOGETHER



PUT ASIDE FOR WASHING



WASH YOUR HANDS

WASH YOUR HANDS OFTEN, WEAR A MASK, AND STAY 6 FEET FROM OTHERS.



CS-318104-A 01/08/2020

cdc.gov/coronavirus

Slow the Spread of COVID-19



WHEN OUT WITH YOUR FRIENDS,
WEAR A CLOTH FACE COVERING



AND STAY
6 FEET APART
FROM OTHERS



cdc.gov/coronavirus

CS 518124-A ©1/08/2020

Help Protect Yourself and Others from COVID-19



Stay 6 feet from others



Wear a cloth face covering



Wash your hands often



cdc.gov/coronavirus

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Please wear a cloth face covering.



**Maintain a distance of 6 feet
whenever possible.**



CS 117176-8 05/27/2020

cdc.gov/coronavirus

Por favor use una cubierta de tela para la cara.



Mantenga una distancia de 6 pies cuando sea posible.



CS 317176-C 05/28/2020

cdc.gov/coronavirus-es

Please Wear a Cloth Face Covering (Arabic)

من فضلك احرص على ارتداء غطاء للوجه مصنوع من القماش.



حافظ على وجود مسافة 6 أقدام
(مترين) إن أمكن ذلك.

cdc.gov/coronavirus



How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 216488A 07/06/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Students: Let's work together to stop the spread of COVID-19

DID YOU WASH YOUR HANDS?

stop



think



wash hands



ASK YOURSELF:

Did I just go to the bathroom?

Am I about to eat?

Did I just eat?

Did I cough or sneeze?

Did I touch supplies or objects
that other people have touched?

Did I touch garbage?

Did I touch my cloth face cover?

If you can't wash your hands,
ask your teacher or another
adult for hand sanitizer.



CL12031-4 July 20, 2020 9:48 AM

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Estudiantes: trabajemos juntos para detener la propagación del COVID-19

¿TE LAVASTE LAS MANOS?

detente



piensa



lávate las manos



PREGÚNTATE:

¿Acabo de ir al baño?

¿Estoy por comer?

¿Acabo de comer?

¿Estornudé o tosí?

¿Toqué suministros u objetos
que otras personas han tocado?

¿Toqué basura?

¿Toqué mi mascarilla?

si no puedes lavarte las manos,
pídele a tu maestro o a otro adulto
que te den desinfectante de manos



cdc.gov/coronavirus-es

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