

# WELLNESS CHECKS

Safety and health should be of utmost importance. Performing accurate wellness checks prior to entering the program is vital in the prevention of spreading coronavirus as well as other illnesses while in programming.



Proper hygienic practices, such as hand washing and disinfecting commonly touched areas can also aid in maintaining a healthy environment.

- Healthy staff members should wash their hands for 20 seconds and use protective materials while they are performing and recording daily screenings on other staff members and youth.
- All staff and children will be checked for symptoms of illness including fever, cough, shortness of breath. Staff will also ask if they have been in close contact with someone who has had any of these symptoms.
- Adults and children presenting any of these symptoms should not participate in program and contact their health provider to determine if they are related to COVID-19 or any other illness.
- Do not allow anyone to attend program without getting checked.
- If there is a confirmed case of COVID-19 at the facility, the provider should immediately contact their local health department or DPH on next steps.
- All should wash hands upon arrival and often throughout the day and maintain appropriate distance.
- While in program sanitize and clean often.
- If a youth starts to display symptoms while in program, check and record symptoms, separate them from other youth, and contact a guardian to pick them up.



## Find Your Local Health Department

A site map to find the contact information for your local health department.

<https://portal.ct.gov/dph/Local-Health-Admin/LHA/Local-Health-Administration---Site-Map>

# RESOURCES

## Center of Disease Control and Prevention

CDC has created guidelines for wellness screenings for child cares and an online Covid self-assessment.

- Screening children upon arrival: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html#ScreenChildren>
- Symptoms of Coronavirus: [https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html)

## Connecticut Office for Early Childhood

CTOEC has created guidelines for Wellness Checks and Sick Procedures.

- <https://www.ctoec.org/wp-content/uploads/2020/05/OEC-COVID-19-Guidance-for-Child-Care-2020-06-10.pdf>

## South Dakota Health Department

Before screening youth, staff must be healthy as well. South Dakota Health Department has created a COVID-19 Employee Screening Questions and Guidelines to ensure the health of staff members.

- [https://doh.sd.gov/documents/COVID19/BusinessScreening\\_Q&A.pdf](https://doh.sd.gov/documents/COVID19/BusinessScreening_Q&A.pdf)

## American Camp Association

It's important to be prepared to keep your youth healthy as you open up your program. ACA provides multiple health and wellness resources as well as a Covid-19 needed supplies list

- <https://www.acacamps.org/resource-library/coronavirus/health-wellness-resources>
- [https://www.acacamps.org/sites/default/files/resource\\_library/operations-guide/ehe-suggested-camp-supplies.pdf](https://www.acacamps.org/sites/default/files/resource_library/operations-guide/ehe-suggested-camp-supplies.pdf)



## Found in the Quality Tool

[www.ctafterschoolnetwork.org/program-quality-tools/](http://www.ctafterschoolnetwork.org/program-quality-tools/)

The following indicators in the [Quality Self Assessment Tool](#) support Wellness Checks

### 5 - Safety

1 - Operates within Connecticut OEC Licensing Statutes and Regulations even if not required to obtain a license. Staff should be aware of all requirements regarding health and safety procedures.

7 - Program staff are aware of and record any special health needs of children/youth.