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COVID-19 Tips for Caregivers

March 24, 2020

What is COVID-19?

1. COVID-19 is a respiratory virus. Current symptoms have included mild to severe respiratory illness with the most common symptoms being fever, cough, and difficulty breathing.
2. According to the Center for Disease Control (CDC) the virus is spread mainly from person-to-person, between people who are in close contact with each other (within about 6 feet).
3. Spread is primarily through respiratory droplets and secretions produced when an infected person coughs or sneezes.

Those considered “high risk” include people over the age of 60, anyone with underlying health conditions or a weakened immune system, and pregnant women.



TEXAS

Department of Family
and Protective Services

Child Protective Services

Symptoms and Screening Questions

The most common symptoms of COVID-19 are fever, coughing, and shortness of breath.

Screen all visitors and individuals with any of the conditions below should be restricted from entering.

- a. Sick with fever (≥ 100), shortness of breath, or cough
- b. Recent travel (i.e., within the past 14 days) from a [COVID-19-affected geographic area](#)
- c. Close contact with a person diagnosed with COVID-19 in the past 14 days.

Screening questions to determine entrance into the operation:

- a. Do you have a temperature of ≥ 100 or higher?
- b. Have you been sick with a cough?
- c. Have you travelled internationally within in the past 14 days?
- d. Have you had close contact with a person diagnosed with COVID-19 in the past 14 days?

If the individual requires immediate medical care, call 911 for an ambulance and inform EMS of the individual's symptoms and concern for COVID-19.



TEXAS

Department of Family
and Protective Services

Child Protective Services

Confirmed or Suspected COVID-19?

A healthcare provider and/or public health staff will evaluate whether an individual can be cared for at home. If it is determined that an individual does not need to be hospitalized and can be isolated at home, the local or state health department will monitor that individual.

- a. Separate the individual from other people and animals (*while there are no reports of animals becoming sick, it is best to stay away from them until more is known about the virus*)
- b. Isolate the individual in a private room with the door closed, and if possible the individual should avoid sharing a bathroom with others.
- c. Remain at least six feet away from the individual, if possible.
- d. Call ahead before visiting the doctor.
- e. Also see the extensive CDC Guidance, "*If you are Sick or Caring for Someone*" <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>



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Department of Family
and Protective Services

Child Protective Services

Isolation vs Quarantine?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.



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Department of Family
and Protective Services

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Should I wear a face mask?

Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. CDC does not recommend that people at home wear a facemask to protect themselves from respiratory diseases, including COVID-19.

- a. CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19, unless a person at their home who has COVID-19 cannot wear a mask.
- b. Facemasks should be used by people who show symptoms of illness to help prevent the spread of germs.
- c. Precautions are based on the principles that all blood, body fluids, secretions, excretions (except sweat), non-intact skin, and mucous membranes may contain transmissible infectious agents.



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Department of Family
and Protective Services

Child Protective Services

What do I do if I suspect exposure to COVID-19?

Self-quarantine for COVID-19 is recommended for individuals who have been directly exposed to the virus or who have traveled to areas where there are large numbers of people infected in order to prevent further transmission.

- a. Anticipate up to 14 days quarantine at home.
- b. Try to have a two-week supply of non-perishable food items in the pantry. Stock long-life alternatives to perishable food items, such as powdered and UHT milk, tinned fruit and frozen vegetables.
- c. Have a supply of disposable tissues, antibacterial wipes and latex gloves.
- d. Check that your first aid kit includes a thermometer and medicine to reduce fever such as acetaminophen.
- e. Make sure you have enough of any prescription and non-prescription medication you need to last a couple of weeks.



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Department of Family
and Protective Services

Child Protective Services

Other Precautions

1. Visitors who reside in a community where community transmission is occurring should be asked to not visit. ***As a reminder, DFPS staff must be allowed access to children and youth.*
2. If signs or symptoms of a respiratory infection, such as fever, cough, shortness of breath, or sore throat develop while an individual is on-site, the individual should put on a mask and move to an isolated area.



TEXAS

Department of Family
and Protective Services

Child Protective Services

Strategies to minimize the spread of COVID-19

Cover coughs and sneezes

Remind individuals to cover their mouths and noses with a tissue when they cough or sneeze. Throw used tissues in a lined trash can. Immediately wash hands with soap and water for at least 20 seconds or, if soap and water are not available, clean hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean hands often

1. Remind individuals to wash hands often with soap and water for at least 20 seconds, especially after they blow their nose, cough, or sneeze; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of hands and rub them together until they feel dry.
2. Soap and water are the best option if hands are visibly dirty.
3. Avoid touching eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



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Department of Family
and Protective Services

Child Protective Services

Strategies to minimize the spread of COVID-19 continued...

Clean all “high-touch” surfaces at least everyday (or more often as possible)

1. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
2. Ensure cleaning product states that it is effective against coronaviruses, on the label or as listed here:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
3. Also see the extensive CDC Guidance, “If you are Sick or Caring for Someone” <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>



TEXAS

Department of Family
and Protective Services

Child Protective Services

Strategies to minimize the spread of COVID-19 continued...

For patients with COVID-19

1. The patient should wear a facemask when around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), the caregiver, should wear a mask when in the same room as the patient.
2. Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - a. Throw out disposable facemasks and gloves after using them. Do not reuse.
 - b. When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.



TEXAS

Department of Family
and Protective Services

Child Protective Services

What You Can Do to Help Children Cope

There are many things you can do to support your child

1. Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
2. Reassure the child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
3. Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
4. Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
5. Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



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Department of Family
and Protective Services

Child Protective Services

For Caregivers

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

1. Excessive crying or irritation in younger children
2. Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
3. Excessive worry or sadness
4. Unhealthy eating or sleeping habits
5. Irritability and “acting out” behaviors in teens
6. Poor school performance or avoiding school
7. Difficulty with attention and concentration
8. Avoidance of activities enjoyed in the past
9. Unexplained headaches or body pain
10. Use of alcohol, tobacco, or other drugs



TEXAS

Department of Family
and Protective Services

Child Protective Services

Some potential reactions from children and youth

1. For infants to 2 year olds
 - Infants and toddlers may become more cranky. They may cry more than usual or want to be held and cuddled more.
2. For 3 to 6 year olds
 - Preschool and kindergarten children may return to behaviors they have outgrown. For example, toileting accidents, bed-wetting, or being frightened about being separated from their parents/caregivers. They may also have tantrums or a hard time sleeping.
3. For 7 to 10 year olds
 - Older children may feel sad, mad, or afraid that the event will happen again. Peers may share false information; however, parents or caregivers can correct the misinformation. Older children may focus on details of the event and want to talk about it all the time or not want to talk about it at all. They may have trouble concentrating.

www.healthychildren.org - the parent and caregiver education portal of the American Academy of Pediatrics has lots of great information and suggestions both generally and for COVID-19.



TEXAS

Department of Family
and Protective Services

Child Protective Services

Some potential reactions from children and youth

For preteens and teenagers

- Some preteens and teenagers respond to trauma by acting out. This could include reckless driving, and alcohol or drug use. Others may become afraid to leave the home. They may cut back on how much time they spend with their friends. They can feel overwhelmed by their intense emotions and feel unable to talk about them. Their emotions may lead to increased arguing and even fighting with siblings, parents/caregivers or other adults.

For special needs children

- Children who need continuous use of a breathing machine or are confined to a wheelchair or bed, may have stronger reactions to a threatened or actual disaster. They might have more intense distress, worry or anger than children without special needs because they have less control over day-to-day well-being than other people. The same is true for children with other physical, emotional, or intellectual limitations. Children with special needs may need extra words of reassurance, more explanations about the event, and more comfort and other positive physical contact such as hugs from loved ones.
- Ventilator-dependent children may need special guidance and caregivers should maintain close contact with their medical team.



TEXAS

Department of Family
and Protective Services

Child Protective Services

Reporting a suspected or confirmed case of COVID-19

Should a child or youth in your care become ill with COVID-19, please ensure that, after seeking medical care, you report that information to the Abuse Hotline. 1-800-252-5400

CPS has created a mailbox for you to use to report when a child in your care receives COVID-19 testing and to report on the results of such testing. Based on this information, Superior will follow up with you to provide additional support and the CPS caseworker will be notified. dfpscovid19testreporting@dfps.state.tx.us

In the subject line: Child's name and Personal Identification Number (PID)

In your email, please include as much of the following information as possible:

1. Information about the child: Name, Date of Birth, Medicaid number, Personal Identification Number (PID)
2. CPS Caseworker's name
3. Address and type of placement (such as foster home, shelter)
4. Your name and contact information (phone number)
5. Date of Test and Testing site (if known)
6. Test results

Please note: this email box is only to report on actual COVID-19 testing and results. Thank you for all you are doing to provide quality care for children.



TEXAS
Department of Family
and Protective Services

Child Protective Services

Content sources

1. [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)
2. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
3. <https://www.mass.gov/info-details/covid-19-guidance-and-directives#caregivers->
4. <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
5. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
6. <https://www.healthychildren.org/>
7. <https://www.healthychildren.org/spanish/paginas/default.aspx>
8. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>
9. <https://www.dshs.state.tx.us/coronavirus/tools.aspx>



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Department of Family
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Child Protective Services