



QUARTERLY NEWS!



Child Care Licensing Program Florida Department of Health in Pinellas County

Fall 2020
Volume 3
Issue 3

FAMILY CHILD CARE HOMES



FALL EDITION

Self-Care Tips During the COVID-19 Pandemic

From the Mayo Clinic Health System

The COVID-19 pandemic can feel overwhelming due to new information, long work hours, and caring for your family, your *childcare children* and yourself. It's important to pause for a moment and collect your thoughts, as worldwide pandemics can be taxing. Remaining calm can help.

It is normal to feel stressed or overwhelmed during uncertain times. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged, and occasionally, out of control. Physical responses may include headache, muscle tension, fatigue and sleeplessness.

Taking care of yourself is important so you are equipped to help your family, your *childcare children* and families through this time.

Here are a few tips you can use to take care of yourself:

Physical Health

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day. Play and get active with the children.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- Spend time outside, plan special activities for the children like water play, races, etc.

Mental Health

Set and maintain a routine at home. Also follow your childcare daily schedule.



Focus on things you can control.

Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.

Focus your thoughts on the present and things to be grateful for today.

Listen to music or read books. This is also great to do with your *child care children*.

Consume reliable news sources that report facts and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.

Lean on your personal beliefs and faith for support.

Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations.



Symptoms to Watch For

If any of these things become persistent or interfere with daily functioning and are outside the norm for the COVID-19 pandemic, contact your health provider for help and guidance:

- Trouble focusing on daily activities
- Anxiety that turns into feelings of being out of control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness



Acknowledge and appreciate what others are doing to help you and your community.

Inside This Issue

Layout & Design by



Lisa Zacharia

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With Faith Bornoff, M.Ed.
Executive Director



Amazing! That's the word that comes to mind when I think about those that provide child care in Pinellas County. I have had the opportunity to speak with many of you over these past few months and your resilience despite what we have all been handed during this pandemic amazes me. I have seen such strong people facing the unknown, adjusting to the "new norm" and pressing forward. Many of you stayed open and put on a brave front, even though you were shaking in your boots on the inside and we commend you! Child care providers do not get enough credit for being so essential to the infrastructure of the community. Without your service, work could not go on.

Thank you for your dedication to the child care industry and the children of Pinellas County.

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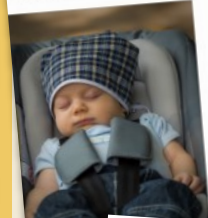
Child Care Licensing Program
Florida Department of Health in Pinellas County



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A change in daily routine, lack of sleep, stress, fatigue, cell phone use, and simple distractions are some things parents experience and can be contributing factors as to why children have been left unknowingly in vehicles...



Developed by:
The Office of Child Care Regulation

When life happens... Don't be a
DISTRACTED ADULT



During the 2018 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents, during the months of April and September each year, with information regarding the potential for distracted adults to fail to drop off a child at the facility/home and instead leave them in the adult's vehicle upon arrival at the adult's destination.

My signature below verifies receipt of the Distracted Adult brochure

Parent/Guardian:

Child's Name:

Date:

FACTS ABOUT HEATSTROKE:

It only takes a car 10 minutes to heat up 20 degrees and become deadly.

Even with a window cracked, the temperature inside a vehicle can cause heatstroke.

The body temperature of a child increases 3 to 5 times faster than an adult's body.



PREVENTION TIPS:

- Never leave your child alone in a car and call 911 if you see any child locked in a car!
- Make a habit of checking the front and back seat of the car before you walk away.
- Be especially mindful during hectic or busy times, schedule or make changes, and periods of emotional stress or chaos.
- Create reminders by putting something in the back seat that you will need at work, school or home such as a briefcase, purse, cell phone or your left shoe.
- Keep a stuffed animal in the back seat and place it on the front seat as a reminder when the baby is in the back seat.
- Get a calendar.

Un cambio en la rutina diaria, falta de sueño, estrés, fatiga, uso del teléfono celular, y simples distracciones son algunas cosas los padres experimentan y pueden ser factores contribuyentes a por qué los niños se han quedado sin saberlo en vehículos...



Desarrollado por:
La Oficina de Regulación de Cuidado de Niños

www.myfamilies.com/families

Cuando la vida pasa... No seas un
ADULTO DISTRAÍDO



During the 2009 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents with information, detailing the causes, symptoms, and transmission of the influenza virus (the flu) every year during August and September.

My signature below verifies receipt of the brochure on Influenza Virus, The Flu, A Guide to Parents.

Name: _____

Child's Name: _____

Date Received: _____

Signature: _____

Please complete and return this portion of the brochure to your child care provider, in order for them to maintain it in their files.

Durante la sesión legislativa de 2009, se aprobó una nueva ley que requiere a las instalaciones de cuidado infantil, hogares familiares de cuidado de niños y hogares familiares grandes de cuidado de niños proporcionar a los padres, durante los meses de agosto y septiembre de cada año, información respecto a la posibilidad de que los adultos distraídos no dejen a un niño en la transportación y, en cambio, lo dejen en el vehículo no adulto al llegar al destino del adulto.

My firma abajo verifica el recibo del folleto de adultos distraídos

Padre/Guardian:

Nombre del niño:

Fecha:

Complete y devuelva esta parte de el folleto a su proveedor de cuidado infantil, para mantener el recibo en sus registros.

DATOS SOBRE EL GOLPE DE CALOR:

Solo le toma a un automóvil 10 minutos calentarse 20 grados más y volverse mortal.

Incluso con una ventana entreabierta, la temperatura dentro de un vehículo puede causar un golpe de calor.

La temperatura corporal de un niño aumenta de 3 a 5 veces más rápido que la del cuerpo de un adulto.



CONSEJOS DE PREVENCIÓN:

- ¡Nunca deje a su hijo solo en un automóvil y llame al 911 si ve a un niño encerrado en un automóvil!
- Asiéntese a revisar el asiento delantero y trasero del automóvil antes de salir.
- Tenga especial cuidado durante los momentos de calor o cuando, los cambios de hora de salida, los períodos de estrés emocional o caos.
- Cree recordatorios colocando algo en el asiento trasero que necesite en el trabajo, la escuela o el hogar, como un maletín, una cartera, un teléfono celular o su cartera.
- Coloque un animal de peluche en el asiento trasero para que lo necesite en el trabajo, la escuela o el hogar.
- Establezca un recordatorio de calentamiento en su dispositivo electrónico para asegurarse de que el niño no se quede en el vehículo.
- Haga que sus rutinas reflejen siempre al proveedor de cuidado infantil de su hijo que el niño no se quede tarde o temprano, pida que se comuniquen con usted si su hijo no ha llegado según lo programado.

Dear Children's Center Directors and Home Providers,
In an effort to limit the paperwork that is touched by both families and providers due to COVID 19, the following brochures can be sent out electronically:

- **Distracted Adult Driver (In September and April)**
- **Influenza Brochure (In August OR September)**

If you chose to send these out electronically, you should ask parents/guardians to acknowledge receipt. That is what licensing specialists will be checking to ensure that this information was given out, and in the required timeframes. You can place the email receipt in the child's file – please be sure that the date received is able to be determined.

Stay Safe and Healthy!

Faith Bornoff

Faith Bornoff M.Ed.

What should I do if my child gets sick?

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. Never give aspirin or medicine that has aspirin in it to children or teenagers who may have the flu.

CALL OR TAKE YOUR CHILD TO A DOCTOR RIGHT AWAY IF YOUR CHILD:

- Has a high fever or fever that lasts a long time
- Has trouble breathing or breathes fast
- Has skin that looks blue
- Is not drinking enough
- Seems confused, not alert, or has seizures (uncontrolled shaking)
- Gets better but then worse again
- Has other conditions like heart or lung disease, diabetes that get worse

Name: _____

Child's Name: _____

Date Received: _____

Signature: _____

Please complete and return this portion of the brochure to your child care provider, in order for them to maintain it in their files.

What can I do to prevent the spread of germs?

The main way that the flu spreads is in respiratory droplets from coughing and sneezing. This can happen when droplets from a cough or sneeze of infected person are propelled through the air and infect someone nearby. Though much less frequent, the flu may also spread through indirect contact with contaminated hands and articles soiled with nose and throat secretions. To prevent the spread of germs:

- Wash hands often with soap and water.
- Cover mouth/nose during coughs and sneezes. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid contact with people who show signs of illness who show signs of illness.
- Keep hands away from the face. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

When should my child stay home from child care?

A person may be contagious and able to spread the virus from 1 day before showing symptoms to up to 5 days after getting sick. The time frame could be longer in children and in people who don't fight disease well (people with weakened immune systems). When sick, your child should stay at home to rest and to avoid giving the flu to other children and should not return to child care or other group setting until his or her temperature has been normal and has been sign and symptom free for a period of 24 hours.

How can I protect my child from the flu?

A flu vaccine is the best way to protect against the flu. Because the flu virus changes year to year, annual vaccination against the flu is recommended. The CDC recommends that all children from the ages of 6 months up to 19th birthday receive a flu vaccine every fall or winter (children receiving a vaccine for the first time require two doses). You also can protect your child by receiving a flu vaccine yourself.

For additional helpful information about the dangers of the flu and how to protect your child, visit: <http://www.cdc.gov/flu/> or <http://www.flu.gov/>

How can I tell if my child has a cold, the flu?

Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Because the flu and colds have similar symptoms, it can be difficult to tell the difference between the two. The flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

For additional information, please visit <http://www.flu.gov/> or contact your local licensing office below:

Child Care Licensing Office

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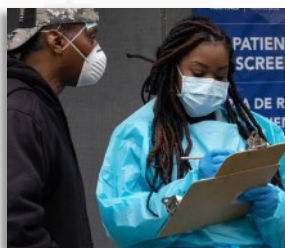
Florida Department of Health in Pinellas County **NEWS FROM EPIDEMIOLOGY**

DOH-Pinellas is Here to Help!

As child care professionals continue to provide child care through the Coronavirus Disease 2019 (COVID-19) pandemic, the Florida Department of Health in Pinellas County (DOH-Pinellas) would like you to know that you are not alone during this novel and transitional phase.

DOH-Pinellas Incident Management Team is staffed with public health professionals and epidemiologists well-versed in disease prevention, case management and federal regulations/recommendations related COVID-19. To assist with the management of COVID-19 cases in vulnerable group settings, teams have been established to support different settings including hospitals, long-term care facilities, nursing homes, child care settings and schools.

The goal is to reduce the impact of COVID-19 in Pinellas County. We fulfill this purpose through case investigation and management, data collection and surveillance, contact tracing and monitoring to provide the appropriate recommendation for facilities. Our goal is to assist child care facilities in managing COVID-19 case identification and exclusion to reduce the risk of exposure to the general population and population of your center.



Source: <https://www.atlantamagazine.com/>



Source: <https://www.prnewswire.com/news-releases/>

Understanding the Epidemiology of COVID19

COVID-19 is a viral respiratory illness spread person to person by droplets when an infected person coughs, sneezes or talks. Symptoms usually appear between 2-14 days after exposure to an infected person.

Common symptoms include:

- Fever
- Cough
- Difficulty breathing
- Runny nose or congestion
- Gastro-intestinal symptoms, including abdominal pain, nausea, vomiting and diarrhea

Everyone is at risk for getting COVID-19 if they are exposed to the virus. Some people are more likely than others to become severely ill.

If you or your loved one develops symptoms, you should follow up with your healthcare provider. COVID-19 infection can be identified by a viral/PCR test which determines if the individual is actively infectious to others.

More information on COVID-19 can be found here:
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Resources for General School-Related Guidance for COVID-19

We aim to be an ally with schools as they welcome students back for the 2020-2021 school year in the midst of a pandemic. If you have question, comments or require guidance, please don't hesitate to contact us.

Additional guidance for daycares can be found here:
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Florida Department of Health in Pinellas County
205 Dr. Martin Luther King Jr. Street N.
St. Petersburg, FL 33701
(727) 824-6932 [PinellasHealth.com](https://www.PinellasHealth.com)

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Georgia has a new process for requesting Child Abuse and Neglect registry searches. Previously, Child Care Licensing had to initiate the requests for the applicant in the Georgia system. Now, the individual must make the request themselves.

More information about the new process can be found clicking the following link:



[https://law.georgia.gov/
key-issues/open-
government/how-make-
open-records-request](https://law.georgia.gov/key-issues/open-government/how-make-open-records-request)

How to Make an Open Records Request

An Open Records Request should be made directly to the government agency's custodian of the records. If an agency has assigned a particular person to handle requests, that information will be available on the agency's website.

Under the Georgia Open Records Act, all public records are available for inspection and copying unless they are specifically exempted from disclosure under the law. If a government agency or custodian of public records withholds a public document from production under an Open Records Request, they must cite to the specific statutory provision of Georgia law that exempts the record from being produced.

A request to inspect or copy records may be made either orally or in writing. For purposes of documenting and clarifying the scope and timing of the request, it is a better practice to make the request in writing, and actions to enforce the ORA can only be based on written requests.

A form that you can fill out to submit a request to an agency is available [here](#).



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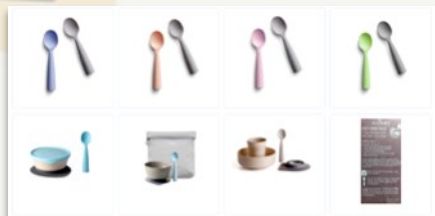
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Bonnsu Recalls Miniware Teething Spoons Due to Choking Hazard



Bonnsu toll-free at 855-334-8129 from 9 a.m. to 5 p.m. PT Monday through Friday, email at hello@miniware.com, or online at www.miniware.com and click on "Recalls" located at the bottom of the page.

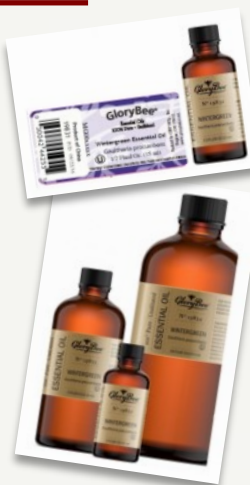
Island Wear Recalls Strollers Due to Violation of Federal Stroller and Carriage Safety Standard; Fall and Choking Hazards:



Island Wear toll-free at 844-449-4144 from 10 a.m. to 5 p.m. ET Monday through Friday, or email at Islandwearoc@gmail.com

GloryBee Natural Sweeteners Recalls GloryBee Wintergreen Essential Oil Due to Failure to Meet Child Resistant Packaging Requirement; Risk of Poisoning

GloryBee toll-free at 888-240-4525 from 9 a.m. to 4 p.m. PT Monday through Friday, email at Ad-bertrand@GloryBee.com and in the body of the email provide your name and address or online at www.GloryBee.com and click on "Recall - Important Safety Information" for more information



Pranarom Recalls Wintergreen Essential Oils Due to Failure to Meet Child Resistant Packaging Requirements; Risk of Poisoning



Pranarom at 800-596-9658 from 9 a.m. to 5 p.m. CT Monday through Friday or online at www.pranarom.us and click on Wintergreen Essential Oil Recall at the bottom of the

Manhattan Toy Recalls 'Manhattan Ball' Activity Toys Due to Choking Hazard; Sold Exclusively at Target



Manhattan Toy at 800-541-1345 from 8 a.m. to 5 p.m. CT Monday through Thursday, email at help@manhattantoy.com, online at www.manhattantoy.com and click on 'Recall Information' for more information.

A Better You! Recalls Belecoo Strollers Due to Violation of Federal Stroller and Carriage Safety Standard; Fall, Entrapment and Strangulation Hazards (Recall Alert)

A Better You! at 800-715-7302 or via email at belecoorecall@gmail.com for more information.



DownEast Outfitters Recalls Folding Mattresses Due to Violation of Federal Mattress Flammability Standard



DownEast at 800-337-3076 from 9 a.m. to 5 p.m. MT, Monday through Friday, email at recall-MOTG@deoinc.com or online at www.downeastbasics.com and click on the "Recall Notice" tab for more information.

CPSC Consumer Information Hotline

Contact us at this toll-free number if you have questions about a recall:
800-638-2772 (TTY 301-595-7054) Times: 8 am – 5:30 pm ET. Messages can be left anytime.
Call to get product safety and other agency information and to report unsafe products.
<https://www.cpsc.gov/>

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Creative Corner

Fun, educational activities kids LOVE

LEAF PUPPETS

Make a set of little fall friends to decorate or role-play with by attaching real or faux leaves and googly eyes to colored craft sticks.

Add stickers and other embellishments to give each puppet a unique character.

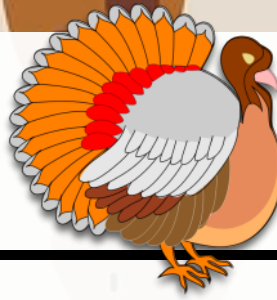


...or the children can design their own leaf people :)

happyhomefairy.com

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Child Care Licensing Program

Florida Department of Health in Pinellas
8751 Ulmerton Road, Suite 2000
Largo, Florida 33771

727-507-4857

pclb.org

Mission

To protect and promote the health, safety, and mental development of children cared for in children's centers and family child care homes in Pinellas County.

Vision

Every child has access to quality child care and education in an environment that values diversity.

Values

Commitment
Integrity
Quality

Staff Spotlight

Julie Oliver



Homes Supervisor

Shave a long history in child care and education. The next step in my career was years later, Child Care Licensing. I have been with Licensing for 19 years, which really has flown by. My favorite thing about being the Homes Supervisor is the fulfillment I get from being able to help and support our providers.

education that began with 17 years as a Center Director working for the public school system and a few years later, Child Care Licensing. I have been with Licensing for 19 years, which really has flown by. My favorite thing about being the Homes Supervisor is the fulfillment I get from being able to help and support our providers.

I am a Clearwater native born and raised and part of a large Italian family that grew up having Sunday dinners at Nana's house. Largo High and USF are my alma matter. Travel is my hobby and I really want to do more of it in the future, but I must confess, I really enjoy relaxing while watching HGTV and the Hallmark Channel. I guess that means I am a couch potato.

I married my high school sweetheart 25 years after we graduated and we have been married for 18 years now. I also have three beautiful stepdaughters and one granddaughter.

I feel that the recipe to make a great Family Child Care Home Provider is a mixture of passion for nurturing and keeping children safe, organization, cleanliness, flexibility and loving to get on the floor and just play with the children!

Julie