



earlychildhood.marylandpublicschools.org

Dear Early Childhood Community:

We want to express our deepest gratitude and appreciation for each of you as leaders and partners as we face this historic national emergency. Many of you, especially child care teachers, directors, and providers, are acting as first responders in your communities. You are doing what you have always done: **protect our most vulnerable children and families.**

We know some of you have chosen to close for the two weeks that schools are closed. Others are keeping the lights on to meet the needs of parents and caregivers who can't be at home with their children during the day. Still, others have stepped up to either re-open for our hospital and emergency personnel or expand the number of children they can serve under [Governor Hogan's Executive Order](#) and the temporary relaxing of licensing regulations. In all cases, we understand and fully support your decision. We know you are doing it because you believe it is the best way to address the crisis.

We know that if you are open the next two weeks, or when you reopen later, you will do all you can to ensure a [safe, clean environment](#) for your children and staff. You will be doing this while addressing your own personal feelings: fear for the health of yourself and your family; anger that we are all not better prepared to face this crisis; sadness for those who are suffering. We also know that you form the foundation of our system and as professionals, you don't always have the luxury to stop working to sustain your own families.

Each member of the Division of Early Childhood team is keenly aware of the trusted and vital role you each serve in your respective communities. Families, children and community leaders look to you for guidance and to be reassured in this time of uncertainty. The COVID-19 pandemic is challenging our everyday lives and our systems. It takes a toll on us, both physically and mentally. And there are real economic impacts on our communities and households. Our daily routines of going to early childhood programs, school, and work have been disrupted. Even just connecting with friends and neighbors has become challenging as we strive for absolute social distancing. In these times, the strength of your leadership is essential.

At the Division of Early Childhood, we are here for you. We know leaders such as yourself need a strong support network to be effective. In this newsletter and on our [website](#), you will find contact numbers/e-mails and resources we hope will be helpful. Please reach out to us so we can help. We may not have the immediate answer, but we will get it for you. If you are a child care provider, be in contact with your licensing specialist. Let them know if you need anything. Let them know if you have space to take additional children, especially the children of hospital and emergency personnel. If needed, we will compensate you for providing child care for these first responders.

We know that we will all get through this if we work together, keep focused on our north star: keep everyone safe.

In unity,

Steven Hicks & Jennifer Nizer

**Message from
Dr. Karen B. Salmon
State Superintendent
of Schools
March 13, 2020**



Multiple state agencies are collaborating on and are committed to the health and safety of students and staff in the school setting. We are working collaboratively with the Governor's Office, the Maryland Department of Health (MDH), the Maryland Emergency Management Agency (MEMA), and all other relevant State agencies on the Novel Coronavirus (COVID-19). The information at the link below is the most current and official COVID-19 guidance from the Center for Disease Control and has been cleared for dissemination with our Maryland State Health Department. Please share this information with your communities.

The Centers for Disease Control and Prevention (CDC) provides [the most up-to-date information regarding necessary guidance](#) as we deal with the potential spread of the Novel Coronavirus (COVID-19).

The MSDE will remain vigilant in providing all information regarding the virus as it pertains to the health and safety of students and staff in our schools and child care programs.

For additional updated information and guidance from the Maryland Department of Health, please visit the following links:

- Enhanced Guidelines for Child Care Programs
- Maryland Department of Health - Coronavirus Disease 2019 (COVID-19) Information
- MDH Guidance for Schools
- Guidance from the Maryland State Department of Education to School Systems on Out-of-State Travel - March 11, 2020

Announcement of Temporary School Closure

Please note that effective Monday, March 16th through Friday, March 27th, all public schools in Maryland will be closed. All scheduled school-sanctioned travel for students and staff will also

be cancelled effective immediately. Incoming information will be continually evaluated as it becomes available to better inform decisions about proactive school closures. State and local officials will work together to continue to reassess needs for school closures on an ongoing basis. Local school officials should remain in consistent communication with local health department officials regarding cases of COVID-19 that potentially could involve members of the school community.

Governor Hogan Enacts Emergency Order to Expand Access to Child Care During COVID-19 State of Emergency

March 14, 2020

State Department of Education Issues Enhanced Guidelines for Day Care Facilities to Prevent The Spread of COVID-19



ANNAPOLIS, MD—Governor Larry Hogan today enacted an emergency order to expand child care access to child care for critical personnel during the state of emergency. This will help ensure that child care services are available for providers of health care, emergency medical services, and law enforcement personnel while schools are closed to prevent the spread of COVID-19.

“Our state has taken major and unprecedented actions to protect the health, the safety, and the welfare of the people of Maryland,” said Governor Hogan. “As we continue to operate under a state of emergency, we are committed to doing everything in our power to maintain our essential services, including child care, especially for those who are on the front lines helping us combat this public health threat.”

As part of the directive she issued on Thursday, State Superintendent of Schools Karen Salmon announced that plans would be developed to ensure that the children of emergency services personnel have access to childcare throughout during a prolonged period of school closure. With this order, the Maryland State Department of Education (MSDE) will work with regional and local officials to quickly and effectively meet this directive, and stand up day care centers that adhere to public health guidelines.

Read the governor's executive order.



Enhanced Guidelines for Child Care Programs

Additionally, Superintendent Salmon has issued enhanced guidelines for child care programs and day care facilities to follow to prevent the spread of COVID-19.

“Every child care and day care provider in our state is essential to our mission of maintaining essential services in this time of crisis,” said Dr. Salmon. “We are providing these guidelines to make sure that child care programs can continue to operate while helping to prevent the spread of COVID-19.”

Child care programs must take extraordinary precautions beyond what is normally recommended to prevent the spread of the COVID-19 virus, including:

- Mandating social distancing and keeping children in small groups (no more than 10 children clustered in an activity): absolutely no large group activities.
- Instructing staff to monitor for symptoms, and stay home if they are sick.
- Instructing parents/guardians to keep children home if they or any member of the household exhibits symptoms.
- Mandating frequent hand washing with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing one's nose. Teachers should help young children do the same. If hands are visibly dirty, use soap and water to clean hands.
- Providing children with soap and water to wash

hands; adults may use an alcohol-based hand sanitizer with at least 60% alcohol, but this is very toxic to children.

- Advising persons to avoid touching their face (especially eyes, nose, and mouth with unwashed hands).
- Increasing the early childhood program's cleaning and disinfection routine to multiple times per day, while being careful with children in the near vicinity. Emphasizing cleaning and disinfecting frequently touched objects and surfaces.
- Covering coughs or sneezes with a tissue, then throwing the tissue in the trash and cleaning hands with soap and water or hand sanitizer (if soap and water are not readily available).
- Providing adequate supplies for good hygiene, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.
- Restricting field trips.
- Restricting outside visitors and volunteers







Special processes beyond routine cleaning are not necessary nor recommended to slow the spread of respiratory illness. Programs should follow standard procedures for cleaning as recommended below by the Environmental Protection Agency (EPA). Typically, this means daily sanitizing surfaces and objects that are touched often, such as bathrooms, water coolers, desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.

The State of Maryland is continuing to operate under a state of emergency, and all levels of government are taking a comprehensive, collaborative approach to keep Marylanders safe. The list of ongoing state actions is available at governor.maryland.gov/coronavirus.

For health resources regarding COVID-19, including case counts and clinician guidance, Marylanders should visit health.maryland.gov/coronavirus.

PUBLIC HEALTH UPDATE

What Marylanders Need to Know About COVID-19

 <p>Governor Hogan declared a state of emergency to expand the state's ongoing, coordinated response.</p>	 <p>Practice good hygiene with frequent handwashing, covering coughs, and staying home when sick.</p>
 <p>All levels of government have been actively and aggressively preparing for all possible scenarios.</p>	 <p>Symptoms of COVID-19 include fever, cough, shortness of breath, and difficulty breathing.</p>
 <p>Stay informed by reputable sources. Marylanders can visit health.maryland.gov/coronavirus or dial 2-1-1.</p>	 <p>If you are experiencing the above symptoms, contact your healthcare provider for guidance.</p>

* Provided by Maryland's Office of the Governor in coordination with the Maryland Department of Health.

Coronavirus emergency launches one-month special enrollment period.

As part of the state's overall response to the coronavirus, and in an effort to prioritize health and safety, Maryland Health Connection opened a new special enrollment period for uninsured Marylanders.

What you need to know

When will the special enrollment period begin?

The coronavirus emergency special enrollment period will begin Monday, March 16, and end Wednesday, April 15. Coverage will begin April 1, 2020, regardless of when a health plan is selected during that time period.

How do I enroll?

To enroll, you can visit MarylandHealthConnection.gov or download the free "Enroll MHC" mobile app. When enrolling, you should request or select "Coronavirus Emergency Special Enrollment Period."

This enrollment period is for new enrollments of uninsured Marylanders who are eligible, not an opportunity for currently enrolled consumers to change plans.

Can I get help enrolling?

Free consumer assistance is available by calling 855-642-8572 weekdays from 8 a.m. to 6 p.m. Deaf and hard of hearing use Relay. Help is available in more than 200 languages.

We encourage you to follow the Centers for

Disease Control and Prevention (CDC) and the Maryland Department of Health (MDH) for all health-related coronavirus questions.

What do I need to apply:

- Birthdates
- Social Security numbers (or document numbers for legal immigrants)
- Proof of citizenship or immigration status
- Tax returns for previous years
- Employer and income info (pay stubs, W-2 forms)
- Policy numbers for any current health insurance
- Information about any job-related coverage you or someone in your household is eligible for

Is Coronavirus covered under a Maryland Health Connection plan or Medicaid?

Yes. Health insurance companies are required to waive cost-sharing, including lab fees, co-payments, coinsurance, and deductibles for any visit to test for coronavirus at a doctor's office, urgent care center, or emergency room.

Can I qualify for the Coronavirus Emergency Special Enrollment Period even if I'm not sick?

Yes. All eligible, uninsured Marylanders may qualify for this emergency special enrollment period.



Promote healthy handwashing habits.





Complete the Survey

Will you be closing your child care program during the State of Emergency?

The Maryland State Department of Education (MSDE), Division of Early Childhood (DEC), Office of Child Care (OCC) is working diligently to provide guidance that will assist you in your efforts for children and families during this health crisis. The OCC has been working daily with numerous State agencies to ensure we provide you with the proper guidance that has been coordinated and vetted through the Maryland Department of Health and many other stakeholders.

As we prepare to release this guidance, we need information from you on how you are addressing this crisis so we can be aware as we move forward. Please complete this short survey now or prior to 5:00 pm, March 16, 2020.

If you miss that time, still complete the survey as we will be collecting this information on an on-going basis. If your status changes, please contact your licensing specialist and provide an update.

Thank you for all you do for Maryland children and families!

surveymonkey.com/r/G6Z78G5



MARYLAND
FAMILY
NETWORK

Maryland Family Network's LOCATE: Child Care is surveying the child care workforce in Maryland to determine availability of providers who are still operational during the COVID-19 pandemic. You will be contacted by phone, or you can complete a LOCATE: Child Care form online at <http://www.marylandfamilynetwork.org/for-child-care-providers/provider-questionnaires/>.

You can also contact the LOCATE: Child Care Provider Line at 866.752.1614. Please help us now and let us know of vacancies you may have at this time.

Child care providers are essential to our economy and to keeping our communities safe and healthy. Thank you for all that you do for Maryland's children.





SAMHSA
Substance Abuse and Mental Health
Services Administration

Talking With Children:

TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS

What You Should Know

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This is true even if they live far from where the outbreak is taking place and are at little to no actual risk of getting sick. Young people react to anxiety and stress differently than adults. Some may react right away; others may show signs that they are having a difficult time much later. As such, adults do not always know when a child needs help.

This tip sheet will help parents, caregivers, and teachers learn some common reactions, respond in a helpful way, and know when to seek support.

Possible Reactions to an Infectious Disease Outbreak

Many of the reactions noted below are normal when children and youth are handling stress. If any of these behaviors lasts for more than 2 to 4 weeks, or if they suddenly appear later on, then children may need more help coping. Information about where to find help is in the Helpful Resources section of this tip sheet.

PRESCHOOL CHILDREN, 0–5 YEARS OLD

Very young children may express anxiety and stress by going back to thumb sucking or wetting the bed at night. They may fear sickness, strangers, darkness, or monsters. It is fairly common for preschool children to become clingy with a parent, caregiver, or teacher or to want to stay in a place where they feel safe. They may express their understanding of the outbreak repeatedly in their play or tell exaggerated stories about it. Some children's eating and sleeping habits may change. They also may have aches and pains that cannot be explained. Other symptoms to watch for are aggressive or withdrawn behavior, hyperactivity, speech difficulties, and disobedience.

- **Infants and Toddlers, 0–2 years old**, cannot understand that something bad in the world is happening, but they know when their caregiver is upset. They may start to show the same emotions as their caregivers, or they may act differently, like crying for no reason or withdrawing from people and not playing with their toys.
- **Children, 3–5 years old**, may be able to understand the effects of an outbreak. If they are very upset by news of the outbreak, they may have trouble adjusting to change and loss. They may depend on the adults around them to help them feel better.

EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Children and youth in this age range may have some of the same reactions to anxiety and stress linked to infectious disease outbreaks as younger children. Often younger children within this age range want much more attention from parents or caregivers. They may stop doing their schoolwork or chores at home. Some youth may feel helpless and guilty because they are in a part of the world currently unaffected by the outbreak, or where the public health system protects people against outbreaks in ways it cannot in other parts of the world.

- **Children, 6–10 years old**, may fear going to school and stop spending time with friends. They may have trouble paying attention and do poorly in school overall. Some may become aggressive for no clear reason. Or they may act younger than their age by asking to be fed or dressed by their parent or caregiver.
- **Youth and Adolescents, 11–19 years old**, go through a lot of physical and emotional changes because of their developmental stage. So it may be even harder for them to cope with the anxiety that may be associated with hearing and reading news of an infectious disease outbreak. Older teens may deny their reactions to themselves and their caregivers. They may respond with a routine “I’m okay” or even silence when they are upset. Or they may complain about physical aches or pains because they cannot identify what is really bothering them emotionally. They may also experience some physical symptoms because of anxiety about the outbreak. Some may start arguments at home and/or at school, resisting any structure or authority. They also may engage in risky behaviors such as using alcohol or drugs.

How Parents, Caregivers, and Teachers Can Support Children in Managing Their Responses to Infectious Disease Outbreaks

With the right support from the adults around them, children and youth can manage their stress in response to infectious disease outbreaks and take steps to keep themselves emotionally and physically healthy. The most important ways to help are to make sure children feel connected, cared about, and loved.

- **Pay attention and be a good listener.** Parents, teachers, and other caregivers can help children express their emotions through conversation, writing, drawing, playing, and singing. Most children want to talk about things that make them anxious and cause them stress—so let them. Accept their feelings and tell them it is okay to feel sad, upset, or stressed. Crying is often a way to relieve stress and grief.



- **Allow them to ask questions.** Ask your teens what they know about the outbreak. What are they hearing in school or seeing on TV? Try to watch news coverage on TV or the Internet with them. Also, limit access so they have time away from reminders about the outbreak. Don't let talking about the outbreak take over the family or classroom discussion for long periods of time.

- **Encourage positive activities.** Adults can help children and youth see the good that can come out of an outbreak. Heroic actions, families and friends who travel to assist with the response to the outbreak, and people who take steps to prevent the spread of all types of illness, such as hand washing, are examples. Children may better cope with an outbreak by helping others. They can write caring letters to those who have been sick or lost family members to illness; they can organize a drive to collect needed medical supplies to send to affected areas.
- **Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.** Adults can show children and youth how to take care of themselves. If you are in good physical and emotional health, you are more likely to be readily available to support the children you care about.



Tips for Talking With Children and Youth of Different Age Groups During an Infectious Disease Outbreak

A NOTE OF CAUTION! *Be careful not to pressure children to talk about an outbreak or join in expressive activities. While most children will easily talk about the outbreak, some may become frightened. Some may even feel more anxiety and stress if they talk about it, listen to others talk about it, or look at artwork related to the outbreak. Allow children to remove themselves from these activities, and monitor them for signs of distress.*

PRESCHOOL CHILDREN, 0–5 YEARS OLD

Give these very young children a lot of emotional and verbal support.

- Get down to their eye level and speak in a calm, gentle voice using words they can understand.
- Tell them that you always care for them and will continue to take care of them so they feel safe.
- Keep normal routines, such as eating dinner together and having a consistent bedtime.

EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Nurture children and youth in this age group:

- Ask your child or the children in your care what worries them and what might help them cope.
- Offer comfort with gentle words or just being present with them.
- Spend more time with the children than usual, even for a short while.
- If your child is very distressed, excuse him or her from chores for a day or two.
- Encourage children to have quiet time or to express their feelings through writing or art.

Helpful Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane -- Rockville, MD 20857
Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)
Email: info@samhsa.hhs.gov
SAMHSA Store: <https://store.samhsa.gov>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515 Email: DTAC@samhsa.hhs.gov
Website: <https://www.samhsa.gov/dtac>

Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)
(English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablamos" al 66746

TTY: 1-800-846-8517

Website (English):

<https://www.disasterdistress.samhsa.gov>

Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <https://www.samhsa.gov/find-help/national-helpline>

Child Welfare Information Gateway

Toll-Free: 1-800-4-A-CHILD (1-800-422-4453) Website:
<https://www.childwelfare.gov/topics/responding/reporting/how>

Treatment Locator

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (1-800-662-4357)(24/7 English and español);

TTY: 1-800-487-4889

Website: <https://findtreatment.gov>

Resources Addressing Children's Needs

Administration for Children and Families

Website: <https://www.acf.hhs.gov>

Additional Resources

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <https://www.suicidepreventionlifeline.org>

(español): <https://suicidepreventionlifeline.org/help-yourself/en-espanol>

National Child Traumatic Stress Network

Website: <https://www.nctsn.org>

- Encourage children to participate in recreational activities so they can move around and play with others.
- Address your own anxiety and stress in a healthy way.
- Let children know that you care about them—spend time doing something special; make sure to check on them in a nonintrusive way.
- Maintain consistent routines, such as completing homework and playing games together.

When Children, Youth and Parents, Caregivers, or Teachers Need More Help

In some instances, children may have trouble getting past their responses to an outbreak, particularly if a loved one is living or helping with the response in an area where many people are sick. Consider arranging for the child to talk with a mental health professional to help identify the areas of difficulty. If a child has lost a loved one, consider working with someone who knows how to support children who are grieving.¹ Find a caring professional in the Helpful Resources section of this tip sheet.

1 National Commission on Children and Disasters. (2010). *National Commission on Children and Disasters: 2010 report to the President and Congress* (AHRQ Publication No. 10-MO37). Rockville, MD: Agency for Healthcare Research and Quality. Retrieved from <http://archive.ahrq.gov/prep/nccdreport/nccdreport.pdf> [PDF - 1.15 MB]

**Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*



SAMHSA
Substance Abuse and Mental Health
Services Administration

PEP20-01-01-006

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should 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.



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

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.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: www.cdc.gov/COVID19

Qué hacer si contrae la enfermedad del coronavirus 2019 (COVID-19)

Si usted está enfermo con COVID-19 o sospecha que está infectado por el virus que causa el COVID-19, tome las medidas mencionadas a continuación para ayudar a prevenir que la enfermedad se propague a personas en su casa y en la comunidad.

Quédese en casa, excepto para conseguir atención médica

Debe restringir las actividades fuera de su casa, excepto para conseguir atención médica. No vaya al trabajo, la escuela o a áreas públicas. Evite usar el servicio de transporte público, vehículos compartidos o taxis.

Manténgase alejado de otras personas y de los animales en su casa

Personas: en la medida de lo posible, permanezca en una habitación específica y lejos de las demás personas que estén en su casa. Además, debería usar un baño aparte, de ser posible.

Animales: mientras esté enfermo, no manipule ni toque mascotas ni otros animales. Consulte [El COVID-19 y los animales](#) para obtener más información.

Llame antes de ir al médico

Si tiene una cita médica, llame al proveedor de atención médica y dígame que tiene o que podría tener COVID-19. Esto ayudará a que en el consultorio del proveedor de atención médica se tomen medidas para evitar que otras personas se infecten o expongan.

Use una mascarilla

Usted debería usar una mascarilla cuando esté cerca de otras personas (p. ej., compartiendo una habitación o un vehículo) o de mascotas y antes de entrar al consultorio de un proveedor de atención médica. Si no puede usar una mascarilla (por ejemplo, porque le causa dificultad para respirar), las personas que vivan con usted no deberían permanecer con usted en la misma habitación, o deberían ponerse una mascarilla si entran a su habitación.

Cúbrase la nariz y la boca al toser y estornudar

Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar. Bote los pañuelos desechables usados en un bote de basura con una bolsa de plástico adentro; lávese inmediatamente las manos con agua y jabón por al menos 20 segundos o límpieselas con un desinfectante de manos que contenga al menos 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron. Si tiene las manos visiblemente sucias, es preferible usar agua y jabón.

Evite compartir artículos del hogar de uso personal

No debe compartir platos, vasos, tazas, cubiertos, toallas o ropa de cama con otras personas o mascotas que estén en su casa. Después de usar estos artículos, se los debe lavar bien con agua y jabón.



Límpiese las manos con frecuencia

Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, límpieselas con un desinfectante de manos que contenga al menos un 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron. Si tiene las manos visiblemente sucias, es preferible usar agua y jabón. Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.

Limpie todos los días todas las superficies de contacto frecuente

Las superficies de contacto frecuente incluyen los mesones, las mesas, las manijas de las puertas, las llaves y grifos del baño, los inodoros, los teléfonos, los teclados, las tabletas y las mesas de cama. Limpie también todas las superficies que puedan tener sangre, heces o líquidos corporales. Use un limpiador de uso doméstico, ya sea un rociador o una toallita, según las instrucciones de la etiqueta. Las etiquetas contienen instrucciones para el uso seguro y eficaz de los productos de limpieza, incluidas las precauciones que debería tomar cuando aplique el producto, como usar guantes y asegurarse de tener buena ventilación mientras lo esté usando.

Vigile sus síntomas

Busque atención médica rápidamente si su enfermedad empeora (p. ej., si tiene dificultad para respirar). Antes de hacerlo, llame a su proveedor de atención médica y dígame que tiene COVID-19, o que está siendo evaluado para determinar si lo tiene. Póngase una mascarilla antes de entrar al consultorio. Estas medidas ayudarán a que en el consultorio del proveedor de atención médica se pueda evitar la infección o exposición de las otras personas que estén en el consultorio o la sala de espera.

Pídale a su proveedor de atención médica que llame al departamento de salud local o estatal. Las personas que estén bajo monitoreo activo o automonitoreo facilitado deben seguir las indicaciones provistas por los profesionales de salud ocupacional o de su departamento de salud local, según corresponda.

Si tiene una emergencia médica o necesita llamar al 911, avísele al personal del centro de llamadas que tiene COVID-19 o lo están evaluando para determinarlo. De ser posible, póngase una mascarilla antes de que llegue el servicio médico de emergencias.

Interrupción del aislamiento en la casa

Los pacientes con COVID-19 confirmado deben permanecer bajo precauciones de aislamiento en la casa hasta que el riesgo de transmisión secundaria a otras personas se considere bajo. La decisión de interrumpir las precauciones de aislamiento en la casa debe tomarse según cada caso en particular, en consulta con proveedores de atención médica y departamentos de salud estatales y locales.

Para obtener más información: www.cdc.gov/COVID19-es

Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath



What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

Sí. El COVID-19 se está propagando de persona a persona en partes de los Estados Unidos. El riesgo de infección con COVID-19 es mayor en las personas que son contactos cercanos de alguien que se sepa que tiene el COVID-19, por ejemplo, trabajadores del sector de la salud o miembros del hogar. Otras personas con un riesgo mayor de infección son las que viven o han estado recientemente en un área con propagación en curso del COVID-19.

¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero ahora se está propagando de persona a persona. Se cree que el virus se propaga principalmente entre las personas que están en contacto cercano unas con otras (dentro de 6 pies de distancia), a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. También podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus. Infórmese sobre lo que se sabe acerca de la propagación de los coronavirus de reciente aparición en <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html>.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Algunos pacientes presentan neumonía en ambos pulmones, insuficiencia de múltiples órganos y algunos han muerto.

¿Qué puedo hacer para ayudar a protegerme?

Las personas se pueden proteger de las enfermedades respiratorias tomando medidas preventivas cotidianas.

- Evite el contacto cercano con personas enfermas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.

Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:

- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si he regresado recientemente de un viaje a un área con propagación en curso del COVID-19?

Si ha llegado de viaje proveniente de un área afectada, podrían indicarle que no salga de casa por hasta 2 semanas. Si presenta síntomas durante ese periodo (fiebre, tos, dificultad para respirar), consulte a un médico. Llame al consultorio de su proveedor de atención médica antes de ir y dígalos sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir infecciones es tomar medidas preventivas cotidianas, como evitar el contacto cercano con personas enfermas y lavarse las manos con frecuencia.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.



Para obtener más información: www.cdc.gov/COVID19-es

Contacting the Division of Early Childhood during COVID-19 Crisis

Licensing Region 1 - Anne Arundel

Office phone 410-573-9522
Office e-mail occ1aa.msde@maryland.gov
Manager Renee Woodard 410-573-9522
renee.woodard@maryland.gov

Licensing Region 2 - Baltimore City

Office phone 410-554-8315
Office e-mail occ2bci.msde@maryland.gov
Manager Sherry Tsigounis 410-554-8316
Sherry.Tsigounis@maryland.gov

Licensing Region 3 - Baltimore County

Office phone 410-583-6200
Office e-mail occ3bco.msde@maryland.gov
Manager Amber Riley 410-583-6204
Amber.Riley@Maryland.gov

Licensing Region 4 - Prince George's

Office phone 301-333-6940
Office e-mail occ4pg.msde@maryland.gov
Manager Danita Moore 301.333.6961
danita.moore@maryland.gov

Licensing Region 5 - Montgomery

Office phone 240-314-1400
Office e-mail occ5mont.msde@maryland.gov
Manager Carl Eggleston 240.314.1400
carl.eggleston@maryland.gov

Licensing Region 6 - Howard / Carroll

Office phone 410-750-8771
Office e-mail occ6how.msde@maryland.gov
Manager Sharon Afework 410-750-8779/7940
Sharon.afework@maryland.gov

Licensing Region 7 - Garrett/Allegany/Washington

Office phone 301-791-4585
Office e-mail occ7wash.msde@maryland.gov
Manager Dolres Harmon 301-791-4586
dolores.harmon@maryland.gov

Licensing Region 8 - Kent/Talbot/Dorchester/ Queen Anne's/Caroline

Office phone 410-819-5801
Office e-mail occ8talb.msde@maryland.gov
Manager Sandy Klunk 410-819-5801 ext. 102
sandy.klunk@maryland.gov

Licensing Region 9 - Somerset/Wicomico/ Worcester

Office phone 410-713-3430
Office e-mail occ9wic.msde@maryland.gov
Manager Suzanne Ruark 410-713-3430 x 3435
suzanne.ruark@maryland.gov

Licensing Region 10 - Calvert/Charles/St. Mary's

Office phone 301-475-3770
Toll free 1-800-874-6797
Office e-mail occ10stm.msde@maryland.gov
Manager Susan Copsey 301-475-3770 Ext. 102
susan.copsey@maryland.gov

Licensing Region 11 - Harford/Cecil County

Office phone 410-569-2879
Toll free 1-800-343-0955
Office e-mail occ11harf.msde@maryland.gov
Manager Beth O'Connor 410-569-8065
katherine.oconnor@maryland.gov

Licensing Region 12 - Frederick

Office phone 301-696-9766
Office e-mail occ12fred.msde@maryland.gov
Manager Janet Speak 301-696-9766
Janet.Speak@maryland.gov

Licensing Region 13 - Cecil

Office phone 410-549-6489
Office e-mail occ13carr.msde@maryland.gov
Manager Sharon Afework 410-750-8779/7940
Sharon.afework@maryland.gov



MANDATORY TELEWORK FOR NON-ESSENTIAL STATE EMPLOYEES:

On March 12, 2020, Governor Hogan directed the Department of Budget and Management to implement a period of mandatory telework, beginning Friday, March 13, across state agencies for all non-essential state employees.

We are out of the office but available to assist you!

Child Care Credential Program

Phone 1-866-243-8796 option 4
email cccredential@conduent.com

Credentialing Branch

Branch email
credentialocc.msde@maryland.gov
Angeline Bishop-Oshoko 410-746-5937
Angeline.Bishop-Oshoko@Maryland.Gov

Child Care Scholarship Program

Phone 1-866-243-8796
Fax (410) 229-0053
Email ccscentral@conduent.com

Collaboration and Program Improvement Branch

Branch email
collaboration.programimprovement@maryland.gov
Levette Trusty-Woodham 410-767-0583
levette.trusty-woodrum1@maryland.gov

Early Learning Branch

Zina Spriggs 410-767-7798
zina.spriggs@maryland.gov

Office of Child Care

Tara Bartosz 410-767-7823
Tara.Bartosz@maryland.gov

Division of Early Childhood

Sharon Brooks 410-767-0335
sharon.brooks1@maryland.gov

Stay Informed on Social Media



State & Department of Health

<https://www.facebook.com/statemaryland>
<https://twitter.com/statemaryland>
<https://twitter.com/MDHealthDept>



Maryland Health Connection

<https://www.facebook.com/MarylandConnect>
<https://twitter.com/marylandconnect>



State Department of Education

<https://www.facebook.com/MdPublicSchools>
<https://twitter.com/MdPublicSchools>



Division of Early Childhood

<https://www.facebook.com/MdEarlyChildhood>
https://twitter.com/MD_Early_Ed



Centers for Disease Control and Prevention

<https://www.facebook.com/CDC>
<https://twitter.com/CDCgov>

COVID 19
CORONAVIRUS DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.

www.cdc.gov/COVID19

© 2020 U.S. Department of Health and Human Services