



***Harc Inc. Steppingstones Birth-to-Three  
Early Intervention during a Pandemic  
Welcome Letter***

Welcome to Harc's Steppingstones Birth to Three program! We are pleased to be your Birth to Three provider. The Connecticut Birth to Three system's service provision practices during the COVID-19 pandemic currently include the following:

- 1. Telehealth virtual online sessions**
- 2. Outside Socially Distanced with PPE and universal precautions sessions**
- 3. Inside Socially Distanced with PPE and universal precautions sessions:**
  - For specific reasons including:**
    - addressing behaviors at daycare,**
    - assisting transitions back to daycare,**
    - delivering equipment and adjusting,**
    - attending an in person meeting to support a child's evaluation at school**

**No more than two in-person sessions by the same staff person in one day is suggested. More than two sessions requires full disclosure with families; given increased exposure and program approval.**

The decision to complete an in-person session and the rules about the session must be mutually agreed upon by the family and the birth to three provider. Health practices most likely to reduce the spread of disease include: using audio-visual communication, wearing face masks, physical distancing, ventilation, health screening, cleaning and disinfecting, and responding appropriately to exposures and diagnoses of illness.

Enclosed, in greater detail, is a step by step guide of what you can expect to occur for each early intervention session option during the COVID-19 pandemic. Please review; if you have any questions do not hesitate to ask your service coordinator.

Sincerely,

*The Steppingstones Program*

## ***What to expect during a Pandemic Early Intervention session:***

Early intervention providers will continue to use coaching during all sessions to help parents and caregivers interact with children in ways that support learning and development.

- ★ ***Telehealth Sessions: (Will NOT require the health practices listed below)***
  - ★ ***Outside Socially Distanced with PPE and Universal Precautions Session: See below***
  - ★ ***In-Home Socially Distanced with PPE and Universal Precautions Session: See below***
- 

**HEALTH SCREENING:** Before interacting in-person, providers, family members who will take part, and children will be screened for any observable illness, including cough or respiratory distress. **Staff, family members, or children who have a temperature of 100 degrees or higher shall not engage in an in-person session.** Birth to Three staff (and caregivers/family: see below) shall not engage in an in-person visit if they have traveled to any state currently listed in Connecticut's travel advisory in the past 14 days.

### **Caregiver will be asked the following questions before each in-person session:**

- In the past 14 days, have you had contact with any persons who were sick with suspected COVID-19 or tested positive for COVID-19?
- In the past 14 days, have you traveled to any state currently listed in Connecticut's travel advisory?
- Do you have any symptoms of a respiratory infection:
  - (e.g. cough, sore throat, fever, or shortness of breath)?
  - **If the answer to either of these questions is yes, do not conduct an in-person visit.**
- Ask the caregiver to confirm that no one in the family has a fever, shortness of breath, or cough?
- Make a visual inspection of anyone who will be part of the session for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme confusion/fussiness.
  - When conducting the screening, consider the following:
    - Maintain a distance of 6 feet or have a physical barrier between
    - Masks are required, by provider and family/caregiver
    - Take temperatures for the child and up to two family/caregivers present for session
      - Limit for home sessions is two adults and one child in room with provider

### **EXPOSURE AND DIAGNOSIS OF COVID-19**

If COVID-19 is diagnosed in a family member or anyone else present at a session, families must notify the Early Intervention program immediately at 860-218-6056.

If it is determined that anyone engaged in an in-person session is diagnosed with COVID-19, the

Steppingstones program shall:

- Notify the family and staff member of the exposure.
- Determine the date of symptom onset.
- Was the participant in the session while symptomatic or two days before symptoms
- Determine who had close contact with the individual during those days and implement steps below for someone exposed to COVID-19:
  - Stop all in-person visits by anyone who was determined to have had close contact with an affected individual for 14 days after the last day they had contact.
  - If anyone is exposed to someone diagnosed with COVID-19 (a household member, caregiver in the home, or an individual who has had close contact for a prolonged period of time), they shall follow CDC guidelines.

### **MASK-WEARING**

**Staff and family members must use face coverings (covering nose and mouth) at all times (unless outside and can keep a distance of 6 feet) during a session.** A face shield without a face mask beneath it does not meet the requirement for face coverings. Face coverings shall not be placed on young children under age 2 or those with developmental or medical conditions.

During in home sessions providers shall:

- Wear a HARC smock, long-sleeved shirt, or other covering over their clothes and change the covering between visits; or plan ahead to be able to change clothes between visits. Covering or clothing worn during a previous visit shall be placed in a plastic bag until it can be washed.

### **PHYSICAL DISTANCING**

Determine strategies appropriate for the setting of the session and consider the following measures:

- Maintain a distance of 6 feet or more except for brief contact as needed to fit assistive technology, model cues or positioning, or feeding techniques or other interventions.
- In order to limit the number of people that individuals are exposed to, considerations for having the same staff work with each family on a regular basis will occur.
- Families are encouraged to meet out of doors or in spaces large enough to allow for appropriate physical distancing.
- Consider ventilation: opening windows/doors may decrease potential virus particles in the air
- Decisions to start/end sessions over phone to decrease face to face may occur.
- Minimize the number of family members that participate in the visit.
- 

### **HAND SANITIZING**

Sanitize hands immediately before and all sessions with hand sanitizer with 60%+ alcohol.

If a home session occurs, only use objects available in the family home/daycare in accordance with the coaching service model. Evaluation items may be used if they can be disinfected between sessions

**IN HOME FACE TO FACE SESSION  
DURING COVID-19 STATE OF EMERGENCY  
STEPPINGSTONES BIRTH TO THREE**

<p><b>Child Infoline Number:</b></p> <div style="border: 1px solid black; width: 250px; height: 30px; margin: 5px 0;"></div> <p><b>Date of Session:</b></p> <div style="border: 1px solid black; width: 250px; height: 30px; margin: 5px 0;"></div>	<p><b>Staff Participating in Session:</b></p> <div style="border: 1px solid black; width: 420px; height: 30px; margin: 5px 0;"></div> <div style="border: 1px solid black; width: 420px; height: 30px; margin: 5px 0;"></div>								
<p><u>In the past 14 days, have you had contact with any persons who were sick with suspected COVID-19 or tested positive for COVID-19?</u></p>	<p align="center">YES = no visit      NO</p>								
<p><u>In the past 14 days, have you traveled to any state currently listed in Connecticut's travel advisory?</u></p>	<p align="center">YES = no visit      NO</p>								
<p><u>Do you have any symptoms of a respiratory infection: (e.g. cough, sore throat, fever, or shortness of breath)?</u></p>	<p align="center">YES = no visit      NO</p>								
<p>Ask the caregiver to <u>confirm that no one in the family has a fever, shortness of breath, or cough?</u></p>	<p align="center">YES = no visit      NO</p>								
<p>Make a visual inspection of anyone who will be part of the session for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme confusion/fussiness.</p>	<p align="center"><b>TEMPERATURES</b> <b>Take temperatures for all participants in session</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 25%;"><b>ONE</b></td> <td style="width: 25%;"><b>TWO</b></td> <td style="width: 25%;"><b>THREE</b></td> <td style="width: 25%;"><b>YOURSELF</b></td> </tr> <tr> <td style="height: 30px;"></td> <td></td> <td></td> <td></td> </tr> </table> <p align="center"><b>If over 100° for anyone = No Session</b></p>	<b>ONE</b>	<b>TWO</b>	<b>THREE</b>	<b>YOURSELF</b>				
<b>ONE</b>	<b>TWO</b>	<b>THREE</b>	<b>YOURSELF</b>						

I agree that I have received and reviewed the HARC/Stepping Stones:

- Early intervention during a pandemic welcome letter
- What to expect during a pandemic early intervention session

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_