

## **COVID-Safe Practices for New Mexico Early Childhood Education and Care Department (ECECD) In-Person Service Delivery Guidance for Home Visiting Agencies**

The New Mexico Home Visiting program is administered by the Early Childhood Education and Care Department (ECECD), in accordance with the New Mexico Home Visiting Accountability Act (NMSA 1978, § 32A-23B-1, *et seq.*). According to the New Mexico Home Visiting Accountability Act, “home visiting” means a program strategy that delivers a variety of informational, educational, developmental, referral and other support services for eligible families who are expecting, or who have children who have not yet entered kindergarten, and that is designed to promote child well-being and prevent adverse childhood experiences. See NMSA 1978, § 32A-23B-2. Part of this definition includes “comprehensive home visiting standards that ensure high quality service delivery and continuous quality improvement.” NMSA 1978, § 32A-23B-2(G)(1).

To ensure the health and safety of all who receive and provide home visiting services during this public health emergency, NM ECECD Home Visiting Program developed and updated the following guidance, which may change as conditions surrounding the COVID-19 health emergency evolve. Please see the effective date of this guidance in the footer below.

The COVID-19 virus transmits mainly via respiratory droplets from an infected person (through talking, sneezing, or coughing). These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. All individuals (NM ECECD Home Visiting Providers, families, practitioners) must adhere to all the Required COVID-Safe Practices for All Employers in [All Together New Mexico COVID Safe Practices for Individuals and Employers](https://cv.nmhealth.org/covid-safe-practices/), <https://cv.nmhealth.org/covid-safe-practices/> as well as continue to monitor and observe the current public health orders related to COVID-19.

**Home Visits can take place in an outdoor setting or via telehealth. Home visiting services may also be provided in the home, by home visitors who are fully vaccinated.<sup>1</sup>**

**As of January 17, 2022, the ECECD considers providers to be fully vaccinated if they are up to date on all available COVID-19 vaccines, including boosters, when eligible.**

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For more information, please see the CDC’s vaccination resources:  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html#vaccinated>

**Providers are responsible to deliver services in the location of the family’s choosing, and to deliver them in accordance with the guidelines provided in this document.**

COVID-19 safe practices, however, such as wearing a mask, must be followed when providing services in an indoor location, regardless of vaccination status. The guidance below must be used when planning for, and delivering, in- person home visiting services. The purpose of this guidance is to ensure that home visitors can safely offer the option of in-person services, either in a provider agency setting, home or an outdoor setting, or continue with telehealth services.

The table below guides providers in navigating the differences between guidance for vaccinated and unvaccinated home visiting staff. Up to Date means an individual has had all COVID-19 vaccines they are eligible for, including boosters.

ALLOWABLE SERVICE DELIVERY LOCATIONS: VACCINATED STAFF WHO ARE UP TO DATE	ALLOWABLE SERVICE DELIVERY LOCATIONS: UNVACCINATED STAFF
Inside a family’s home	Family’s outdoor space
Family’s outdoor space	Outdoor location
Outdoor location	Agency setting (if agency allows)
Agency setting	

**\*\*\*Masks are required for anyone two years and older for ALL indoor locations regardless of vaccination status. Masks are also required for unvaccinated staff if providing services in a public setting (park, restaurant, etc.)**

If services are taking place inside a family’s home, providers must ensure that services are being provided by home visiting staff who are fully vaccinated. All unvaccinated home visiting staff, including those vaccinated but without a booster, must test for COVID-19 every week. Provider agencies are responsible for ensuring the home visiting staff are not providing in-person services if they have tested positive for COVID-19.

Home visitors must also test if they experience COVID-19 symptoms of cough, fever, shortness of breath, chills, muscle pain, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and/or loss of taste or smell.

## **Mandatory Practices for NM ECECD Home Visiting In-Person Visits**

Unvaccinated home visiting providers must test for COVID-19 every week. Either home antigen tests or PCR tests are acceptable. The Vault COVID-19 saliva test is a safe and effective way to self-test for COVID-19 in your home. Vault COVID-19 testing is free for all users, can be ordered online, administered from home, and dropped at a local UPS store for mailing. Customers incur no shipping costs and usually receive results within 24–48 hours. ECECD no longer provides unique codes to providers. VAULT HEALTH LINK: [VAULT- No-Cost COVID Testing for all New Mexicans](#). Information on Testing Sites can be found here: [NM Department of Health - COVID-19 Screening and Testing](#)

## **5-Day Quarantine and Isolation Guidance**

### **For anyone who tests positive for COVID regardless of vaccination status:**

- Stay home and isolate for 5 days. Day 0 is the day of symptom onset, or the day the positive test was taken (for asymptomatic persons).
- You DO NOT need to get an additional PCR test if you have had a positive at-home rapid test. Any positive test is considered positive.
- If you have no symptoms after 5 DAYS, you can leave your house but must wear a mask for 5 more days (surgical grade or KN95 preferred).
- If you have a fever, or other persistent symptoms, continue to stay home in isolation until your fever is gone for 24 hours and other symptoms are resolving.
- To prevent the spread of COVID, tell anyone you have recently had close contact with and encourage them to get tested, monitor for symptoms, and reduce exposure to other people.

### **For anyone who has been in close [contact](#) with someone with COVID-19 (Quarantine):**

**These guidelines differ depending on your vaccination status**

- *If you are [up to date](#) on all COVID-19 vaccines that you are eligible for:*
  - Wear a mask around others for 10 days. Day 0 is the day of exposure; day 1 is the day after the exposure.
  - Test on Day 5 if possible.

- If you develop symptoms at any time, get tested if possible and stay at home until you get your results.
- If you can't get a test, but still have symptoms, assume you are positive and follow guidelines for a COVID-positive test.
- *If you are unvaccinated, not fully vaccinated or without a booster (**not up to date on all vaccinations you are eligible for**):*
  - Stay at home and quarantine for 5 days.
  - Then wear a mask around others for 5 MORE DAYS.
  - Test on Day 5, if possible.
  - If you develop symptoms at any time, get tested if possible and stay at home until you get your results.
  - If you can't get a test, but still have symptoms, assume you are positive and stay home and follow guidelines for a COVID-positive test.
  - If a close contact is continuously exposed ( i.e., lives in the same household), the close contact must quarantine for the 5 days the positive person is infectious AND an additional 5 days in case the close contact converts to positive. This means that household members living with a COVID positive individual must quarantine for a minimum of 10 days.

**For anyone who has [symptoms of COVID-19](#) regardless of your vaccination status:**

- Get either an at-home rapid test or PCR test if possible and stay at home until you know your test result.
- If you test positive, follow the guidelines for a positive test result.
- If you test negative but still have symptoms, continue to stay at home and get a PCR test OR a second at-home rapid test in 1-2 days.
- If you test positive on the PCR or second at-home rapid test, follow guidelines for a COVID-positive test.
- If you can't get a test, but still have symptoms, assume you are positive and follow guidelines for a COVID-positive test.

**What to do with your covid-19 At-home test result?**  
**NMDOH flyer provided below.**

- For more information on what it means to be up to date on the COVID vaccine, please visit this site:

- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
- If you have any questions on home tests and quarantine or isolation, please visit [cv.nmhealth.org/selftest](http://cv.nmhealth.org/selftest) or call the Coronavirus Hotline: 1-855-600-3453.
- For more information on DOH guidance, please visit [cv.nmhealth.org/covid-vaccine/](http://cv.nmhealth.org/covid-vaccine/).
- Home Visitors should contact families (e.g., by telephone, email, text) the day of the scheduled in-person visit to complete the Pre-Screening Questionnaire (see form, page 8-9). Completed questionnaires must be kept in the family's file.
- Each family provides consent to receive in-person visits by signing the In-Person Visit Consent Form (see form, page 10).
- The home visitor, and all individuals ages two (2) and over involved in the visit must wear an appropriate face mask when indoors.

#### **Precautions for Home Visiting Personnel**

- All unvaccinated home visitors must monitor their temperature daily and notify supervisory personnel of an elevated temperature of 100.4° Fahrenheit or more.
- Prior to conducting the visit, assess whether the home visitor has any of the COVID-19 symptoms, as indicated above.
- Any home visitor with signs and symptoms of a respiratory illness or other related illnesses must not report to work and should follow the NM Department of Health guidance for testing, quarantine, and isolation. [NM Department of Health COVID Safe Practices](#)
- Any home visitor who develops signs and symptoms of illness while on the job must stop working immediately, notify their supervisor, follow Department of Health protocols, and self-isolate at home.
- All home visiting personnel who test positive for COVID-19 must notify ECECD-HV immediately via this link: <https://forms.office.com/g/ZsH5dnJnRL>
- All unvaccinated home visitors must keep their own daily log of all people with whom they have been in close contact.
- Please visit the New Mexico Department of Health registration site to pre-register or schedule an appointment to receive a COVID-19 vaccine. The registration site is accessible from a computer or smartphone and is designed to be user-friendly. The site is located at [NM Department of Health Appointment Scheduling](#), For more information on COVID-19 Vaccines, please visit the CDC websites FAQ: <https://www.cdc.gov/coronavirus/2019-vaccines/faq.html>

### **No In-Person Contact May Occur If Any of The Following Is True**

- Anyone in the family's or in the home visitor's household has experienced symptoms of a respiratory illness in the last 14 days.
- Anyone in the family's or the home visitor's household has been in contact with someone confirmed to have COVID-19 in the last 14 days. Staff and children who were in close contact with a confirmed COVID-19 positive case must quarantine for 10 days (unless they are fully vaccinated, experienced no symptoms and tested negative for COVID-19 or have recovered).

### **In-Person Visit Guidelines**

- In-Person visits are to be completed in an open, well-ventilated area, preferably outside. Physical distancing (3 feet) is required for those participating in the session. Any family member present at the in-person visit, but not involved in the session, should maintain a physical distance of 6 feet.
- All adults and children over age two (2) years old present during the in-person visit, taking place indoors, must wear a mask.
- Home visitors may wear additional PPE during in-person visits as they feel appropriate. PPE worn must be changed between visits with other families. See helpful links regarding PPE at the end of this document.
- Home visitors may provide information for families about why wearing a mask is necessary. Masks should fully cover the nose and mouth without gaps and stay in place without needing adjustments.
- If a family does not agree to wear a mask during the indoor visit, an outdoor or telehealth visit must be scheduled. Masks are required for unvaccinated providers if the outdoor visit takes place in a public area (park, etc.).
- Minimize contact with any frequently touched surfaces.
- Home visitors may not take any items to the visit that are generally shared with other families. Prior to and after any scheduled visit, all items used during the visit must be cleaned and sanitized according to CDC guidelines.  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html#CleanDisinfect>
- Everyone who will be participating in a scheduled in-person visit must wash their hands with soap and water or use an alcohol-based hand sanitizer (60% alcohol or higher) if soap and water is unavailable, immediately before the session begins and immediately after it

ends. This is a great opportunity to work with the family and child on handwashing routine. See Henry the Handwashing Guidance Poster attached.

- Avoid touching eyes, nose, and mouth at all times.
- If during an in person visit a family member discloses that they are ill or exhibiting symptoms, the home visitor should exit the visit immediately and notify their supervisor.
- Masks must be changed between visits.

### **Best Practices**

- Communicate to families and staff about the importance of staying home when they are ill.
- Educate families about COVID-19 symptoms, taking and monitoring temperatures, washing hands, and social distancing.
- Establish and continue communication with local and state authorities to determine current mitigation levels in your community.
- Check Department of Health notices daily about transmission in the area and adjust operations accordingly

### **Coordination and Collaboration to minimize contact**

- Is the home already being visited by another service provider? Could there be partnership in provision of services with others to limit the number of in-person interactions?
- Are there services the client/family wish to prioritize?
- Will the family consider having a combination of face-to-face and telehealth to reduce the number of in-person visits but provide a high level of service?

### **Key Hygiene Practices**

1. Wash your hands often with soap and water for at least 20 seconds.
2. Use hand sanitizer that contains at least 60% alcohol.
3. Avoid touching your eyes, nose, and mouth.
4. Wear masks.
5. Cover your cough or sneeze with a tissue, throw the tissue in the trash, and wash hands thoroughly.

### **Handwashing**

Handwashing is one of the best ways to protect yourself and your family from getting sick. For handwashing to be effective, it is important to follow the steps recommended by the CDC.

**WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

**LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

**SCRUB** your hands for at least 20 seconds (Tip: Sing “Happy Birthday” twice).

**RINSE** hands well under clean, running water.

**DRY** hands using a clean towel or air dry them.

- Washing hands with soap and water is the best way to get rid of germs in most situations. See Henry the Handwashing Guidance Poster attached. If soap and water are not readily available, however, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. It is important to rub hand sanitizer over all the surfaces of your hands and fingers until your hands are dry, which takes around 20 seconds.

### Helpful links:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

<https://www.cdc.gov/handwashing/child-development.html>

<https://www.cdc.gov/handwashing/videos.html>

### Cleaning and Disinfecting

Cleaning and disinfecting are important ways to help reduce the spread of COVID-19. The CDC has developed the following guidance for cleaning and disinfecting.

Consider the following:

- Develop/revise policies and procedures, as needed, to increase the frequency of cleaning and disinfecting.
- Ensure home visiting personnel and families receive proper education about how, what, and when to clean and disinfect. See CDC guidelines/links herein.
- Wear gloves for routine cleaning and disinfecting.
- Cleaning with soap and water reduces the number of germs, dirt, and impurities on surfaces, and disinfecting kills germs on surfaces.
- Clean frequently touched surfaces more often, including tables, countertops, doorknobs, light switches, handles, desks, phones, remote controls, keyboards, toilets, faucets, and sinks.

### Helpful Links

**Center for Disease Control (CDC) links for cleaning**

<https://www.cdc.gov/coronavirus/2019-ncov/community/cleaning-disinfecting-decision-tool.html>

[https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/ReOpening\\_America\\_Cleaning\\_Disinfection\\_Decision\\_Tool.pdf](https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/ReOpening_America_Cleaning_Disinfection_Decision_Tool.pdf)



### COVID-SAFE Practices for individuals and employers

<http://www.rld.state.nm.us/uploads/files/FID/Covid%20Safe%20Practices.pdf>

### Personal Protective Equipment (PPE)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

<https://www.who.int/csr/resources/publications/Contact-Droplet-COVID-19-Precautions.pdf?ua=1>

[https://www.who.int/csr/resources/publications/ppe\\_en.pdf?ua=1](https://www.who.int/csr/resources/publications/ppe_en.pdf?ua=1)

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/hcp/fs-facemask-dos-donts.pdf>

<https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf>

### Sample Pre-Screening Questionnaire for In-Person Visits

<b>Child:</b> _____ <b>Date:</b> _____ <b>Time:</b> _____
<b>Person Interviewed/Relationship to Child</b> _____
<b>In Person Visit Scheduled (Date and Time):</b> _____
<b>Name of Home Visitor:</b> _____

### Health Screening Questions –

**If the answer is yes to any of the following questions, the home visit must be conducted via Telehealth.**

1. Is anyone in the family sick or display any of the symptoms below? If yes, please describe:

- |   |  |
|---|--|
| <input type="checkbox"/> Fever (above 100.4°)<br><input type="checkbox"/> Cough<br><input type="checkbox"/> Sore throat<br><input type="checkbox"/> Cold/flu symptoms<br><input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Shaking with chills<br><input type="checkbox"/> Muscle pain<br><input type="checkbox"/> Headache<br><input type="checkbox"/> New loss of taste or smell<br><input type="checkbox"/> Other _____ |
|---|--|

2. Has anyone in the family been screened, investigated, diagnosed, or treated for COVID-19?  
When and what was the result?

No

Yes

Comments:

3. Has anyone in the family/home been asked to quarantine/stay home and why?

No

Yes

Comments:

4. Do you, your child, or anyone in your household have a compromised immune system or other risk factors making you or them more susceptible to serious complications to COVID-19?

No

Yes

Comments:

5. Does anyone in your home have a medical condition that would make an in-person home visit **not** safe?

No

Yes

Comments:

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**HV Staff Name (Printed)**

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**Signature**

## SAMPLE COVID-19 DAILY SCREENING LOG for UNVACCINATED HOME VISITORS

Name: \_\_\_\_\_

COVID-19 Symptoms

- Fever above 100.4° or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

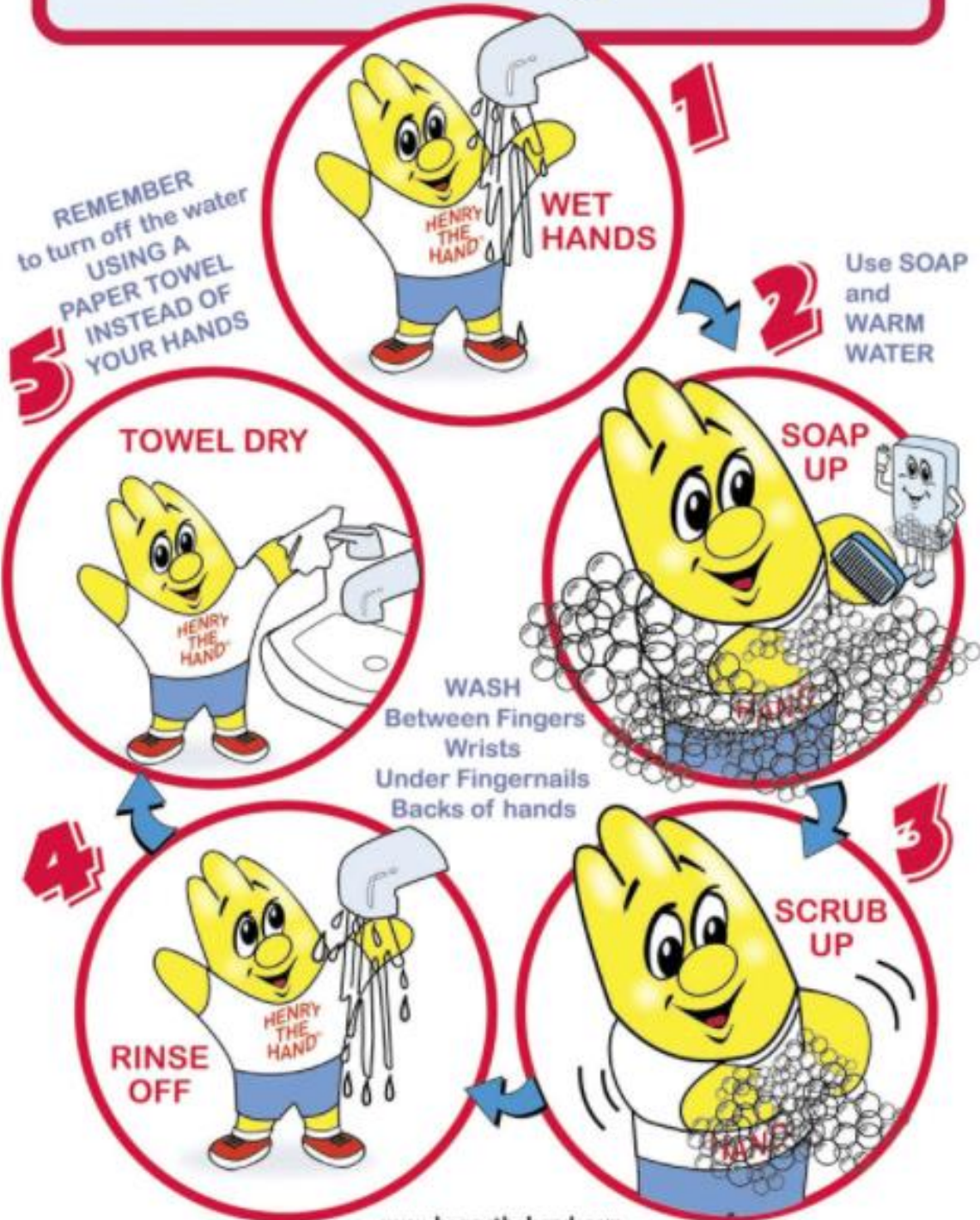
Date	Temperature	COVID-19 Symptoms? (See List Below)	Number of Face-To-Face Visits Scheduled/Kept
06/15/2021	98.7	N	2/1

# LA GUIDA DE LAVADO DE HENRY THE HAND





# Henry The Hand's Handwashing Guide





# WHAT TO DO WITH YOUR COVID-19 AT-HOME TEST RESULT

## Positive test result

**Stay home for 5 days**  
(for both vaccinated and unvaccinated)



**Stay at home** in a room away from others in your household.



You **DO NOT** need to get an additional PCR test



If you have no symptoms after **5 DAYS**, you can leave your house **BUT** wear a mask for 5 more days.

**If you have a fever, continue to stay home until your fever is gone for 24 hours**

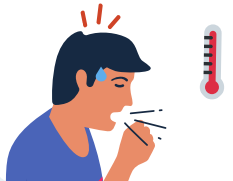


To prevent the spread of COVID, tell anyone you have recently had close contact with and encourage them to get tested, monitor for symptoms, and reduce exposure to other people.

## Negative test result

### Have Symptoms


(for both vaccinated and unvaccinated)




- Cough
- Fever/Chills
- Shortness of breath
- Muscle or body aches
- Vomiting, diarrhea
- New loss of taste or smell

If possible, Get a PCR test OR Repeat at-home test in 1-2 days

**Stay at home until you know your test result.**

 If you test positive, follow the guidelines for a positive test result.

 If you test negative again, no other test is needed at this time.

**If you can't get a test, assume you are positive and stay home**

**No Symptoms**  
(depends on vaccination status; see below)

No other test is needed at this time, except:  
If you had close contact with someone with COVID-19: **If you are up to date on all vaccine that you are eligible for\*:**

- Wear a mask around others for 10 DAYS
- Test on Day 5 if possible

**If you are unvaccinated, not fully vaccinated or without a booster (not up to date):**

- **Stay at home for 5 DAYS**
- Then wear a mask around others for 5 MORE DAYS
- Test on Day 5 if possible

**If you develop symptoms, stay home and go to "HAVE SYMPTOMS" column**



If you have any questions, please visit [cv.nmhealth.org/selftest](https://cv.nmhealth.org/selftest)\* or call the Coronavirus Hotline: 1-855-600-3453

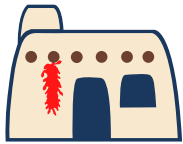


# ¿QUÉ HACER CON LOS RESULTADOS DE SU PRUEBA CASERA COVID-19?



## Si obtuvo un resultado POSITIVO:

Debe permanecer en casa durante 5 días (para los vacunados y los no vacunados)



Permanezca en casa, en una habitación alejada de los demás miembros de la familia.



NO es necesario realizar una prueba PCR adicional



Si no tiene síntomas después de **5 DÍAS**, puede salir de su casa **PERO** use una mascarilla durante 5 días más.

**Si tiene fiebre, continúe en casa hasta que la fiebre desaparezca por 24 horas**



Para prevenir el contagio del COVID, informe a cualquier persona con la que haya tenido contacto cercano y anímela a hacerse la prueba, a vigilar los síntomas y a reducir la exposición a otras personas.



## Si obtuvo un resultado NEGATIVO:

### Tiene síntomas

(para los vacunados y los no vacunados)



- Tos
- Fiebre/escalofríos
- Dificultad para respirar
- Dolores musculares o corporales
- Vómitos, diarrea
- Nueva pérdida del gusto o del olfato

Si es positivo, Hágase una prueba PCR o repita la prueba casera en 1 a 2 días:

**Quédese en casa hasta saber el resultado de la prueba.**



Si el resultado es positivo, siga las recomendaciones para resultados positivos.



Si el resultado es negativo, no es necesario realizar otra prueba por el momento.

**Si no puede hacerse una prueba, asuma que es positivo y quédese en casa**

### No tiene síntomas

(depende del estado de vacunación; vea abajo)

No es necesario realizar otra prueba por el momento, excepto

Si ha tenido un contacto cercano con alguien con COVID-19:



**Si está al día con todas las vacunas a las que puede optar\*:**

- Use una mascarilla cerca de los demás durante 10 DÍAS
- Si es posible, haga la prueba el día 5



**Si no está vacunado, no está totalmente vacunado o no tiene la vacuna de refuerzo (no está al día):**

- **Quédese en casa por 5 DÍAS**
- Luego use una mascarilla alrededor de los demás durante 5 días más
- Si es posible, haga la prueba el día 5



**Si desarrolla síntomas, quédese en casa y vaya a la columna "Sintomático".**



Si usted tiene preguntas, por favor visite [cv.nmhealth.org/selftest](https://cv.nmhealth.org/selftest) o llame a la línea directa de Coronavirus: 1-855-600-3453