Designated Caregiver Information

Full Name _____

Address _____

City _____

State _____ ZIP Code _____

Primary Phone _____

Alternate Phone _____

Relationship _____

I hereby designate the individual listed above to care for my children in the event I am incapacitated due to COVID-19.

X _____

Parent Signature   Date

Child: _____ D.O.B: _____

Child: _____ D.O.B: _____

Child: _____ D.O.B: _____

Child: _____ D.O.B: _____

Child Location: _____

Cell Phone: _____

List other important information about your child on the back of this card. List info such as allergies, medications, likes/dislikes and sleep habits.

At Franklin County Children Services, protecting children by strengthening families is our top priority. In the midst of the COVID-19 crisis, we want to ensure that parents and caregivers have a plan for their child/children in the case of illness. This brochure provides some tips to create a crisis plan and be prepared in the event you become ill.

Create A Backup Child Care Plan

- Designate a Caregiver
- Find Community Resources
- Create a Child Profile
- Prepare Your Home In Case of Illness
- Know When to Seek Medical Attention

For more Coronavirus (COVID-19) Information visit:

http://childrenservices.franklincountyohio.gov/resources/coronavirus.cfm

Franklin County Children Services has compiled information and resources that will be helpful to families and caregivers during the coronavirus pandemic. This page will continue to be updated as new information becomes available.

Franklin County Children Services

Protecting Children by Strengthening Families

855 W. Mound Street | Columbus, Ohio 43223
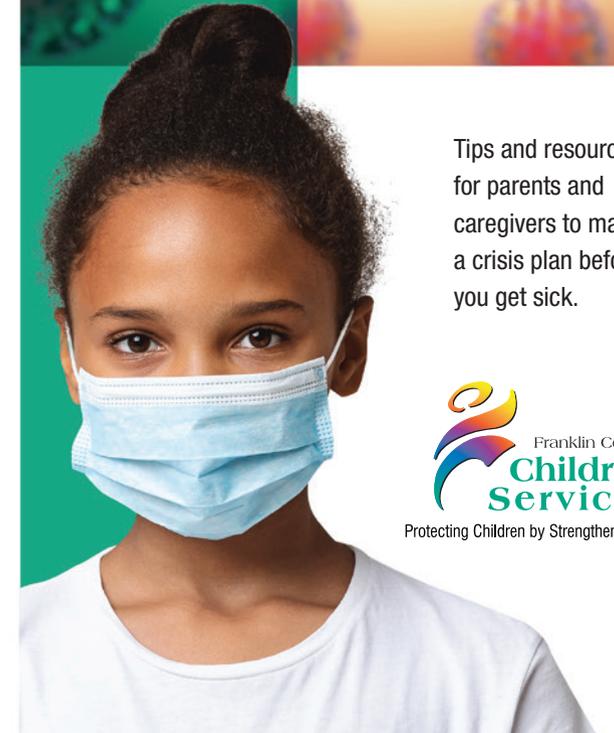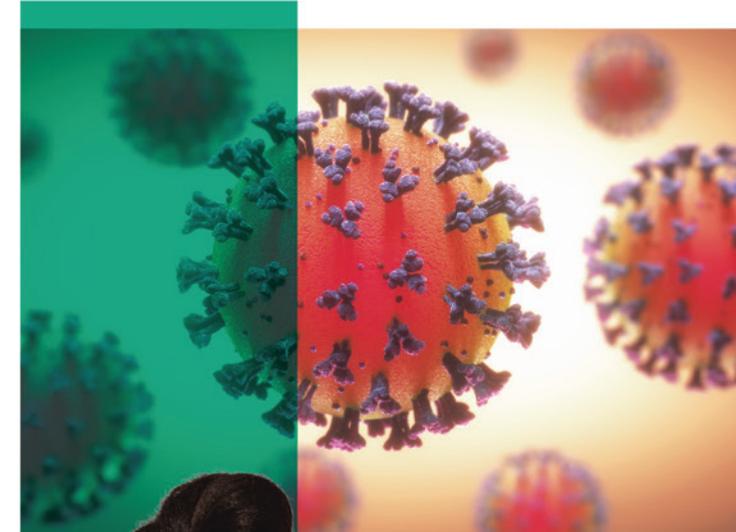614-275-2571 | childrenservices.franklincountyohio.gov

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HOW TO CARE FOR YOUR CHILD
If You Become Sick with COVID-19

Tips and resources for parents and caregivers to make a crisis plan before you get sick.

Franklin County Children Services

Protecting Children by Strengthening Families

Designate a Caregiver

Designate a caregiver for children. This should be someone nearby, who is not at high risk of contracting COVID-19. If a spouse or partner cannot care for children in your home, select a friend, neighbor, coworker or relative.

Create a Child Care Profile

List information for the caregiver prominently in your home, so that it can easily be found by emergency responders. Create a child care profile for the caregiver that lists your child's full name, birth date, allergies, medications, likes/dislikes and sleep habits. Also include emergency contacts and copies of their birth certificate and immunization records. To view an example, go to:
http://childrenservices.franklincountyohio.gov/public/documents/PDF/F209200C-0999-16C5-B2067FB9BA453C5C.pdf

Community Resources

If you can't identify a caregiver, contact community resources such as hospitals, churches and other organizations to see if they can recommend assistance. The Ohio Department of Job and Family Services is licensing temporary pandemic child care programs for essential workers. Go to:
https://www.actionforchildren.org/parents/choosing-child-care/

Prepare your home in case of illness

Make sure that high-traffic areas within your home remain clean by using germ-killing cleaning agents. If you test positive for COVID-19, you may remain in the home with your children and their caregivers, providing they are not at high risk of contracting the virus, but precautions must be taken.

If you become sick with COVID-19

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

- Stay home except to get medical care
- Separate yourself from other people and pets in your home
- Call ahead before visiting your doctor
- If you are sick wear a cloth mask or covering over your nose and mouth
- Cover your coughs and sneezes
- Wash your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces every day
- Monitor your symptoms

Read more details on the steps above from the Centers for Disease Control at:
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Take Care of Yourself

The best way to prevent falling ill is to take care of yourself. Don't forget to:

- Eat healthy
- Decrease stress
- Exercise
- Get enough sleep

When to Seek Medical Attention

If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency. Notify the 911 operator that you have or think you might have COVID-19. If possible, put on a cloth face covering that covers your nose and mouth to protect other people.