

Information for Parents:

Is my child sick? When should they stay at home?

When should they (re)attend daycare or school?

It's not always easy to decide whether a child can attend daycare or school with certain signs of illness. This information is intended to help you.

Please consider the following advice and recommendations when deciding whether your child can attend the facility:

1. Your child should not be cared for in a communal facility if they have one or more of these symptoms:

- Fever = body temperature $>38.5^{\circ}\text{C}$ in the morning or the evening before
- Severe respiratory symptoms (e.g., severe coughing)
- Flu-like symptoms (e.g., muscle aches, chills, unusual headaches, fatigue, shortness of breath)
- Severe sore throat or difficulty swallowing
- Vomiting and/or repeated diarrhea

2. When can/should your child return to the facility after being ill?

If your child has been free of symptoms for at least 24 hours (=1 day) after the illness, they can return to the facility.

Note: If your daycare child has had diarrhea or vomiting for several days, they should only return to the facility after being symptom-free for 48 hours (=2 days).

If your child has a contagious disease according to § 34 of the Infection Protection Act (IfSG), they may return to the facility once they are no longer contagious according to medical judgment. A medical certificate is not required for this; parental information about the medical judgment is usually sufficient.

The pediatric practice will also inform you, possibly in consultation with the health department, if there are any additional requirements to be observed for your child due to an infectious disease.

3. Your child may attend the facility with these symptoms:

- Runny nose or throat irritation
- Simple cold or slightly red eyes as part of an infection, if the child otherwise feels well
- Sneezing and coughing due to hay fever or an allergy
- Occasional coughing if the child is otherwise healthy

There may be deviations from the advice and recommendations for chronically ill children.

If there are any uncertainties about your child's health despite this information, please contact your treating pediatric practice.

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