


# When is your child healthy/sick?

Hvornår er barnet rask/syg?

Engelsk



Day-care facilities and the Health Service

## To parents

We know that sickness in children can be a strain on both children and parents, and we know that infections in young children have proven to be the reason for approx. 40 % of parents' absence from work.

Sickness in children will often result in a number of doubts and questions such as when the child is healthy and can return to the day-care facilities (day-care centre /private day-care), and when the child is sick and should stay at home.

We have therefore prepared these directions based on recommendations by Sundhedsstyrelsen (the Danish Health Authority) relating to infectious diseases in children and young people.

**The purpose** is to increase the health and well-being of children in day-care facilities by:

- Limiting the spread of infectious diseases in day-care facilities
- Making it easier for both parents and staff to follow the recommendations for when a child should return to the day-care facilities



**Recommendations (in Danish) can be found at:**

[https://sundhedsstyrelsen.dk/da/sygdom-og-behandling/smitsomme-sygdomme/~/\\_/media/FC52A31AC07E484793B3EE2E5950A9A5.ashx](https://sundhedsstyrelsen.dk/da/sygdom-og-behandling/smitsomme-sygdomme/~/_/media/FC52A31AC07E484793B3EE2E5950A9A5.ashx)

## **When can your child return to the day-care facilities?**

Children very easily infect each other in the day-care facilities. To limit the infection, it is important that sick children do not attend the day-care facilities. When it comes to children it can sometimes be difficult to determine whether they are healthy or sick.

### **The child is healthy**

- When the child's general condition is not affected
- When the child can participate in normal activities. The child should for instance be able to play outside and go on excursions
- When the child is free from fever
- All the above recommendations must be met – both for the sake of the child, but also to reduce the risk of infections

### **The child is sick**

- If the child's general condition is affected, for instance if the child is feeble, whimpering, restless and/or crying
- When the child cannot participate in normal activities
- If specific signs of sickness, such as fever, are present
- If just one of the above conditions is met – both for the sake of the child, but also to reduce the risk of infections

If a child attends the day-care facility without having fully recovered, it has a greater risk of developing complications or of contracting another disease because of its reduced resistance.

When a child has just been sick, it is recommended to keep the child at home an extra day to let it recover properly.

## Infectious diseases

### The most common infectious diseases are:

- Cold
- Fever with no specific cause
- Inflammation of the middle ear
- Bronchitis
- Pneumonia
- Childrens' diseases (chicken pox, fifth disease, three-day fever, scarlet fever and diseases of the hand, feet and mouth)
- Diarrhoea
- Impetigo
- Inflammation of the eyes (in case of heavy pus discharge , photophobia and affected general condition)

In case of **diarrhoea** the child may not return to the day-care facility until stools have returned to normal.

In cases of **impetigo** the child may not return to the day-care facility (even if treatment has begun) until sores have dried up and their crusts fallen off.

In cases of **heavy inflammation of the eyes** the child may not return to the day-care facility, until it has been treated for at least 48 hours and there are no longer pus discharge, photophobia or affected general conditions. In cases of mild inflammation of the eyes with slight flush and tear discharge, the child may return to the day-care facility.

The general rule is that sick children may not attend the day-care facility, and that healthy children with infectious diseases may not return until they are no longer infectious.

## Attendance at the day-care facility despite risk of infection

In case of the below diseases the child may attend the day-care facility even if there is a certain risk of infection (if the general practitioner agrees). This applies to for instance:

- Fifth disease
- Diseases of the hand, feet and mouth
- Cold sores
- Pinworm (infectious until treatment has begun)
- Water warts (*Molluscum contagiosum*)

Even if there is a certain risk of infection, **the child must still be healthy and the general condition unaffected** in order for the child to attend the day-care facility.

In some cases, the child may attend if treatment has begun. This applies to for instance:

- Lice
- Scabies

If these diseases are discovered while the child is still at the day-care facility, the parents are informed when they pick up the child.

## If there is doubt whether the child is healthy or sick

- Parents can contact their general practitioner
- The health visitor and staff at the day-care facility may not contact the family's general practitioner without the consent of the parents
- In case of serious infectious diseases, the health inspector makes the decision, (e.g. meningitis)

## Passing on information in case of illness

- The leader of the day-care facility must communicate information on infectious diseases to the children's parents
- In the case of serious diseases such as meningitis, the leader of the day-care facility must communicate information to the children's parents as agreed with the health inspector
- The leader's communication of information depends on parents reporting their child's disease whenever a medical assessment exists.

## Staff responsibility

If a child is sick or if sickness is suspected, and the child's general condition is affected, the staff has an obligation to contact the parents expecting them to pick up the child as soon as possible.

Administering medication should if possible take place in the home. In case of chronic or long-lasting diseases, it may be necessary to administer medication several times daily.

Guidelines for administering medication in private day-care, day-care centres and schools (in Danish) can be found at the website of Retsinformation: <https://www.retsinformation.dk/Forms/R0710.aspx?id=133849>

## Hygienic precautions

The health visitor performs an annual hygiene supervision with the leader of the day-care centre.

The manager of the day-care centre must make sure that the staff has the necessary knowledge relating to hygiene, including hand hygiene and general infection hygienic guidelines in preparation for good hygiene in the day-care centres.

## In case of several illness incidents in the day-care centre

Special attention should be paid to incidences of very infectious diseases such as diarrhoea and impetigo.

The manager of the day-care centre may discuss the necessary hygienic guidelines with the health visitor attached to the day-care centre.

## Parent responsibility

To limit the spread of infectious diseases in the day-care facility, it is important that sick children do not attend the day-care facility.

### Parents should:

- Keep sick children at home
- Respect the staffs' assessment of whether the child is sick/infectious when they are contacted by the staff
- Keep informed about recommendations by Sundhedsstyrelsen in case of infectious diseases
- Keep the day-care facility informed of the child's illness
- Pay attention to posted information about infectious diseases and any stringent regulations in specific situations
- To avoid spreading the infection, you should wash your child's hands both when you drop off and pick up your child.

See the pamphlet: "Sundhed er i dine hænder" and the film "HYGSI" (both in Danish) at [Sundhedstjenesten-egedal.dk](http://Sundhedstjenesten-egedal.dk)





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