



Guidelines in the event of illness – preschool

To keep a preschool completely free from infections is impossible. Some infections are necessary in order to develop a child's immune system properly, although the risk of spreading disease should not be ignored. There are a few guidelines for the Älmhults Kommun preschools that parents are asked to respect.

Main guideline: Let the general state of well-being determine whether the child is able to go back to preschool after an illness. This means that the child should be alert, free of any fever, and be able to participate in all activities at the preschool including the possibility of multiple hours of outdoor play. One day completely free of fever is recommended before having the child return to preschool. In some cases there will be a need to consult with a doctor to determine whether the child is able to come back to preschool.

In the case of a “**common cold**” the child stays home if he/she is having a fever. If there is no fever, it is important to consider whether the child is well enough to go back to preschool. A child could seem perfectly fine at home, but might not be able to handle being part of a big group of children at preschool for a whole day. The risk of spreading the cold virus is at its greatest when the cold is just starting to develop.

If the child develops an **eye infection**, he/she should remain at home until the eye is free of any discharge (pus).

If the case of a **stomach infection**, the child stays home until the diarrhoea and/or vomiting has stopped completely. The child's eating habits should be back to normal before returning to preschool. In cases of more serious stomach viruses, an infected person stays home for 48 hours after the last bout of diarrhoea or vomiting. In the event of a more serious outbreak, notices will be displayed at preschool informing you about this.

If a child is on **antibiotics**, he/she should stay home for the first few days of the treatment to avoid spreading the disease. After a few days the antibiotics will have successfully killed off the bacteria, and the child is able to return to preschool. Antibiotics are administered by the parents.

If the child catches **impetigo**, he/she cannot return to preschool until the sores have healed. It is highly contagious and it is not possible to keep pillows, towels and toys free from the virus in the preschool setting.

If your child has **head lice**, it is important to start treatment immediately since the lice otherwise will keep multiplying, making the problem worse. It is important to continuously comb the child's hair with a special type of comb in order to establish whether there are any remaining lice. There are non-prescription drugs available at the pharmacy. Please ask the pharmacy staff which medications should be used. In order to stop the spread of head lice, preschool staff should be informed about the situation so that they are able to let other parents know.

A child who has **chicken pox** should remain at home until the blisters have dried up completely and are starting to disappear. It is, however, not necessary to stay at home until all scabs have fallen off. Chicken pox is spread through a virus that is highly contagious.

If you discover that your child has a **pinworm infection**, your child must be treated. There is non-prescription medication available at the pharmacy. Speak with the pharmacy staff. All family members should undergo treatment since, in most cases, they are also infected. The child does not need to be away from preschool during the treatment. In order to avoid spreading the infection, preschool staff should be informed about the situation so that they are able to let other parents know.