



CHILDHOOD ILLNESSES

An information from the DSSI

Dear members of the DSSI,

Below you will find guidance on how to deal responsibly with illnesses as well as a list of the most common childhood illnesses, their symptoms and treatment options. Please understand that our staff is not medically trained and therefore sends children home if an illness is suspected and/or a medical examination is deemed necessary. For this reason, we cannot give any medication. If you have any questions, please feel free to contact the department heads of the school or the kindergarten management.

What do I do if my child is sick?

For us, the general principle is that sick children are not allowed to go to kindergarten or school. This is so that the other children and employees do not become infected, and that the child receives the necessary rest, care and treatment to recover. Because everyone gets better the fastest if they can recover in peace while being lovingly cared for.

If a child falls ill while attending kindergarten or school, for example vomits and/or develops a fever, they must be picked up immediately. If it is not possible for you to pick up your child personally, please make sure that someone else who is authorized to pick up your child does so.

Do we need a medical certificate to go back to kindergarten or school?

Usually you do not need to present a medical certificate once your child has fully recovered. It is possible however, that in exceptional cases, we will ask for a certificate if the disease is highly contagious; in this way we ensure that your child is no longer contagious before they can go to kindergarten or school again.

When does my child have to stay at home?

Below we have listed some illnesses for which the children have to stay at home for observation.

Vomiting and/or diarrhea

A child with these symptoms and with the suspicion that it is a contagious disease (e.g. gastrointestinal infection) must stay at home and has to be **symptom-free for at least 48 hours** before going back to kindergarten.

Fever

One should consider a body temperature of 37.5 °C and higher a fever. Even if the temperature is lowered with medication, please keep your child at home. A child must be **fever-free for at least 24 hours** before they can attend kindergarten again.

Conjunctivitis (eye inflammation)

If conjunctivitis is suspected, it is urgently necessary to clarify the diagnosis with a doctor. Conjunctivitis is often bacterial and therefore highly contagious. A child can return to kindergarten or school **48 hours after the prescribed medicine/eye drops have been administered**, or if there is no longer any inflammation in the eye. Please ask your doctor for details.

Sore throat

A sore throat with a fever, usually without a cough, swollen cervical lymph nodes with swollen and/or coated tonsils, could be a streptococcal infection. This is bacterial inflammation that is transmitted by droplets. A clarification by a doctor is essential.

If it is such an infection, the child can only return to kindergarten:

- after 3 days of antibiotic treatment (please do not interrupt treatment with antibiotics)
- when they are free of symptoms such as fever
- after presentation of a medical certificate

Skin Rashes

Infectious diseases/childhood diseases with rashes are often contagious. This needs to be clarified by your doctor before the child can go back to kindergarten and school.

Colds (influenza-like infection)

If your child has cold symptoms such as coughing, runny nose or general malaise, you should leave your child at home. The common cold is a viral disease that weakens the immune system and is transmitted through droplets. It is often accompanied by a cough, slight difficulty swallowing, runny nose, fever and fatigue. If the runny nose turns yellow/green, there could also be a bacterial infection.

Head lice

Please check your child's hair regularly, especially if they scratch behind the ears and the back of their head frequently. If you suspect head lice, you must treat your child with appropriate medicine! After the application, the child can come back to kindergarten after 24 hours. The application must be repeated after approx. 9 days.

Important: If your child has lice, it means it was transmitted from somewhere. Of course, we know that the transmission is not related to personal hygiene, but it is important to note.

Allergies

We must always be informed of allergies. This applies to chronic allergies (e.g. to certain foods), but also to a one-off allergic reaction (e.g. insect bites, contact allergies).

Vaccination

The recommendations valid for Germany are shown in the *"Impfkalender"* (Eng. Vaccination calendar) of the vaccination commission. Since 01/03/2020 measles protection for kindergarten and school has to be presented in Germany.

The vaccination recommendations for Korea are listed in the *"National Immunization Program for Children"* of the Korea Disease Control and Prevention Agency (KDCA).

Overview of infectious diseases in children

You can find more information on the following and other common childhood diseases, their transmission routes, incubation times and possible therapies [under the following link from the Robert Koch Institute](#).

- Hand, mouth and foot disease
- Whooping cough
- Rubella
- Scarlet fever
- Chickenpox
- Measles
- Mumps