



Information on prevention and treatment of infections for guardians of children coming to day care

According to research children in day care outside the home are more often sick with infectious diseases than those in home care. It's been proven, that simple measures can significantly reduce the transmission of diseases. When these hygiene instructions are followed at the day care, both children and their guardians as well as the society gains from it. We wish that you support the day care in their effort to reduce illnesses among children for your part by taking care of things listed below.

Measures decreasing transmission of infections, which guardians and early childhood educators together can take care of:

Washing the children's hands

- when coming and going home from day care
- always after going to the toilet
- before meals
- short nails make it easier to keep the hands clean

Toys

- The bedtime toy is kept in the child's own bed or cupboard. A dirty bedtime toy is sent home to be washed.
- Own toys should be cleaned before taken to day care. The toys should be cleaned again when taking them home.

Pacifier

- The pacifier is only used when sleeping at day care. The pacifier is cleaned at home. Clean pacifiers are kept in a box in the child's cupboard.

Brushing the teeth

- The teeth are to be brushed at home in the morning and in the evening. (The exception is day cares open 24 h).

The child getting sick

It is always justified to stay home from day care, if the child has fever or otherwise such symptoms, that the strength is not enough to participate in day care. If necessary, the parents are asked to take home their child in the middle of the day. In the early stage of the illness, when the transmission is highest, absence from day care also decreases transmission to other children. When everybody is acting this way, the whole group are less sick.



Common communicable diseases in children and minimum absence times from day care

Respiratory infections (cough, common cold)

Are always caused by viruses in the early stage. If the disease prolonged, the bacteria can complicate the clinical picture, i.e. develop into ear infection. The child can't go to day care with fever. The severity of symptoms determines the absence.

Ear infection (otitis media)

Sequela for respiratory infections is often an ear infection. Viruses and bacteria can be the cause to a sick ear, but much irritation and pus is always caused by bacteria. Ear infection is not a hinder for day care, if the child doesn't have fever and the general condition is good.

Eye infections

Viruses and bacteria can cause eye infections. In principle they don't require absence. The need of absence depends on how strong the symptoms are.

Diarrhoea and vomiting diseases

Often caused by viruses. A child who has diarrhoea and/or is vomiting shall be treated at home. The child can go back to day care, when at least one day has passed since the symptoms. During a vast epidemic a two day absence from day care is recommended after the symptoms have passed.

Tonsillitis (angina) and scarlet fever

Caused by streptococcus bacteria. Absence from day care is 24 hours after starting of the antibiotic treatment. After this the general conditions decide.

Impetigo

Impetigo is a rash caused by streptococcus bacteria. The transmission stops 24 hours after the antibiotic treatment has been started through the mouth and 48 hours after the local antibiotic treatment have started. After this the child can go back to day care.

Scabies

Scabies is an itchy rash, which is caused by a burrowing mite. Scabies itch starts in general 3–8 weeks after transmission. If the child is diagnosed with scabies, it is good to inform this to the staff at the day care. Scabies transmission always require treatment, which is repeated after 7–10 days. The child with scabies can go back to day care the day after the first treatment round.



Communicable diseases and infection control unit

Head louse

If head lice are found at day care, the parents do not have to pick up their child in the middle of the day. The child can go back to day care after the first treatment round.

Threadworm

The child can go back to day care after the first treatment round.

Molluscum contagiosum

Molluscum contagiosum are caused by viruses and usually heal over time without treatment. The child can be in day care.

Fifth disease

Fifth disease is caused by viruses. When the rash appears, the transmission is already over. The general condition determines the absence.

Hand, foot and mouth disease

Hand, foot and mouth disease is caused by viruses. Transmitted already before the blisters appear. The general condition determines the absence.

Chicken pox

Chicken pox is caused by viruses. The transmission is biggest just before the blisters appear on the skin. Absence from day care until the blisters have dried, normally 5-6 days from they appear.