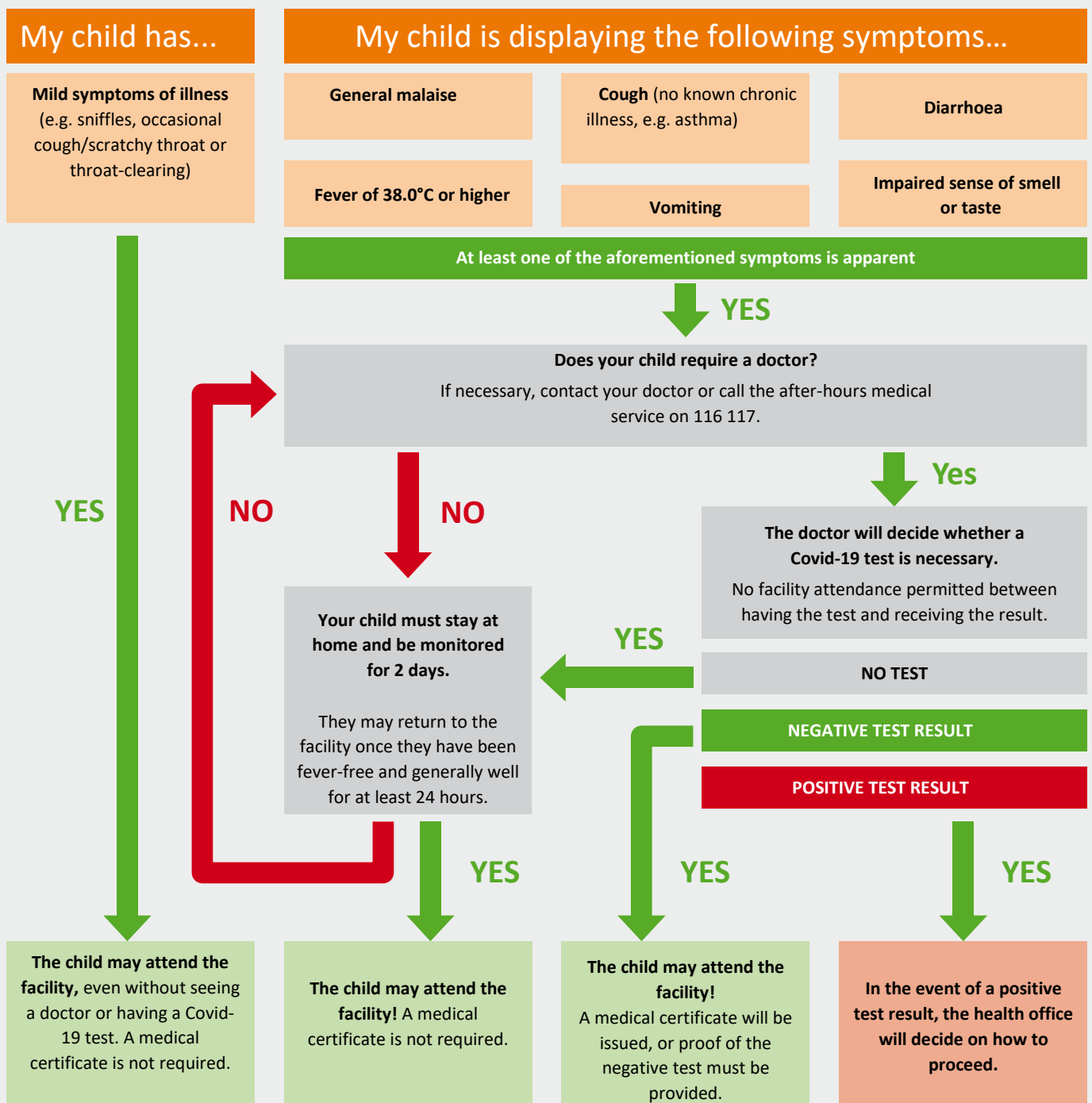


# Dealing with symptoms of colds/flu and illness in children at day-care centres and schools

Recommendations for parents (16/9/2020)



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Dear parents,

Most children start having respiratory infections (e.g. coughs and colds) again during the autumn and winter months. Sometimes, the symptoms are so severe that the child is unable to attend day-care or school. In the majority of cases, however, these infections are not usually serious. An occasional cough or mild snuffle will not prevent the child from continuing to attend his/her facility. Please bear in mind, though, that it is a joint responsibility of parents, day-care facilities and schools to protect all children, staff and their families from infections. Consequently, you (as parents), your children and the facility staff must be particularly attentive and be sure to comply with infection-related hygiene regulations. In general, however, it will always be a matter of weighing up the notion of protecting against infection and the children's right to participation and education.

It is impossible to totally eliminate any residual risk of coronavirus infection (Covid-19). Our joint aim must be to minimise transmission by imperatively complying with the hygiene measures. Excluding children displaying only mild symptoms of illness, on the other hand, is not helpful.

It is important to note that, as was also the case even before the coronavirus pandemic, children who are clearly unwell must not attend day-care facilities or schools. You, as parents, generally continue to be responsible for determining whether or not your child is unwell. To do so, please bear in mind the following:

1. Sniffles without additional symptoms of illness, and, similarly, occasional coughs, scratchy throats or throat-clearing are no reason for the child not to attend day-care/school.
2. Children whose symptoms, such as a cough, are known and are due to a non-infectious underlying disease, e.g. asthma, can also continue to attend their facilities.
3. Children with symptoms indicative of COVID-19 must not attend their facilities. This will apply if at least one of the following symptoms is apparent:
  - Fever of 38°C or higher,
  - Cough,
  - Diarrhoea,
  - Vomiting,
  - General malaise (lethargy, headache),
  - Impaired sense of smell or taste.

4. You, as parents, are initially responsible for determining whether or not your child needs to see a doctor. If necessary, contact your GP or call the after-hours medical service on 116117.
5. If a child displays a symptom indicative of COVID-19, a test must be taken. If a child displays general symptoms with no clear suspected COVID-19 infection, they must stay home for observation for at least two days, and be fever-free and generally feeling well for at least 24 hours.
6. Healthy siblings not subject to quarantine requirements may attend their facilities, even if their sibling has mild symptoms of illness.
7. In the case of children not displaying symptoms of illness, but who have been in personal contact with a confirmed positive case, the health office will decide whether or not they can attend their facilities.

These recommendations may change subject to infection trends and new scientific findings. They reflect the state of affairs as at 16 September 2020.

If you have any further questions, please visit:  
[www.coronavirus.sachsen.de](http://www.coronavirus.sachsen.de)