

# Dealing with symptoms of illness and colds of children in preschool and schools

## Recommendation parents

Dear parents,

in the autumn and winter months, most children and adolescents are again suffering from respiratory tract infections (e.g. coughing and rhinitis). Sometimes the symptoms become so severe that it becomes impossible to attend day care or school. However, the majority of these infections are not always serious. An occasional cough or a mild cold will allow further visits to the facilities. Please remember, however, that it is a joint responsibility of parents, day care and school to protect all children and staff and their families from infection. Therefore, you as parents, your children and the staff in the facilities must be particularly attentive and must observe infection hygiene guidelines. In principle, however, it will always be a process of weighing up between infection protection and the children's right to participate and receive education.

It is not possible to eliminate any residual risk of a coronavirus infection (Covid-19). Our common goal must be to reduce transmission rates as much as possible by strictly adhering to hygiene measures. On the other hand, excluding children with mild disease symptoms is not helpful.

Important: As was the case before the Corona pandemic, children who are clearly ill must not be taken to childcare and must not go to school. The assessment of whether the child is ill is still basically up to you as parents. This must be considered:

1. a cold without further signs of illness, as well as occasional coughing, neck scratching or clearing of the throat, are not grounds for exclusion. These children can visit the facility.

2. children with known symptoms such as coughing and a non-infectious underlying disease such as asthma can also continue to visit the facility.

3. children with symptoms that indicate COVID-19 are not allowed to visit the facility. One of the following symptoms is sufficient:

- Fever from 38 °C,
- Cough,
- diarrhea,
- Vomiting,
- general feeling of illness (fatigue, headaches),
- Odour or taste disorders.

4 Whether your child needs a doctor is something that you as parents must first determine. If necessary, contact your trusted doctor or dial the number of the medical on-call service 116 117.

5 If a child shows a symptom that indicates COVID-19, a test should be performed. If a child shows general symptoms without a clear suspicion of COVID-19, he or she should be observed at home for at least two days and be fever-free and in good general health for at least 24 hours.

6. healthy siblings who are not subject to quarantine requirements may visit the facility even if the sibling has mild symptoms of disease.

7. for children without symptoms, who have had personal contact with a person with a positive test result, the health office will decide on the visit to the facility.

The recommendation may change depending on the development of the infection and new scientific findings. It reflects the status as of September 16, 2020.

Should you have any further questions, you can obtain information at

[www.coronavirus.sachsen.de](http://www.coronavirus.sachsen.de)