



Guide to dealing with children with cold symptoms in day-care facilities

S. 25-28

Information Sheet for Parents and Guardians

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Dear Parents and Guardians,

This information sheet provides you with advice and recommended action from the guide for dealing with children with cold symptoms. These measures were drawn up by the Bavarian State Office for Food Safety and Health together with paediatricians and general practitioners in consultation with the Bavarian State Ministry for Health and Care and the Bavarian State Ministry for Family, Labour and Social Affairs.

The aim is to enable the regular operation of day-care facilities for children and to utilise precautionary measures to prevent outbreaks of SARS-CoV-2. For this purpose, it is necessary to distinguish respiratory tract infections caused by common viral pathogens from those caused by SARS-CoV-2.

The best protection is a low level of infection in the region.

Each member of society can make a major contribution to this. This includes you as parents or guardians. We all share responsibility for ensuring that children can attend their facilities without significant disruption for the benefit of child and family health.

A) What are your responsibilities as parents or guardians?

- Help contribute to maintaining a low level of infection in the region by following the rules regarding hygiene. Avoid mass events and keep the necessary minimum distance.
- Use the Corona App.
- Do not bring your child to a care facility if
 - your child is ill and has the following signs of illness: a temperature above 38 degrees, diarrhoea, severe stomach pain, cough or
 - you or the child have been in contact with a person who is positive for SARS-CoV-2,
 - you have symptoms of COVID-19 disease as an adult (cough, fever, impaired sense of taste)
- The responsible persons in the institution will subsequently check, on the basis of defined criteria, whether there is any danger and therefore grounds for exclusion from the institution
- By signing a form provided by the institution, you confirm that you are aware of and follow the instructions and that your child can enter the institution without danger to himself/herself or others.

B) What are the tasks of the staff responsible for day care?

- The staff responsible for day care are responsible for carrying out a form of admission control. This is necessary to ensure that only healthy children attend the facility, thus minimising the risk of an outbreak. At the same time, this measure is also intended to maintain regular operation for all concerned.
- If admission is denied, parents will receive the completed form entitled "Exclusion from care in the communal facility". They will also be advised to contact their paediatrician or family doctor.

C) What are the duties of the doctor?

- The doctor carries out an individual risk assessment and decides whether the symptoms indicate that the child needs to be referred to the doctor's surgery.
- The doctor decides whether a swab and a test for SARS-CoV-2 infection is necessary.
- The doctor also makes further decisions regarding the necessity of symptomatic treatment.
- If necessary, the doctor will issue a certificate for presentation to the facility.
- This is subject to a fee. The costs are to be borne by the parents/guardians.

FAQ for parents

1. My child is coughing and sneezing. Which symptoms are "normal" and which symptoms suggest SARS-CoV-2?

There is no general answer to this question. You should always contact your paediatrician or family doctor if your child shows different behaviour than usual and this condition persists for two days, for example. Specifically, this means:

- Does your child have a fever? Or a high body temperature above 38 degrees?
- Does your child have symptoms such as a cough, sore throat or earache?
- Does your child have severe abdominal pain, vomiting, diarrhoea or an unidentified skin rash?
- If you have not been able to relieve the symptoms by usual measures and there has been no improvement in general condition, you should contact a doctor.

2. Would it not be best to go straight to the surgery right now?

No, it is better to contact the surgery by phone first. The staff there will discuss the further procedure with you in detail. Some queries can no doubt be clarified by telephone, avoiding long and unnecessary waiting times at the surgery.

3. When do I need to be concerned that my child could be suffering from SARS-CoV-2?

A layperson cannot decide whether they are symptoms of COVID-19 disease or infections caused by other pathogens. It is therefore important to ask yourself the following questions:

- Is there any reason for concern that this could be a SARS-CoV-2 infection? Ask yourself the following:
 - Are the infection rates regarding SARS-CoV-2 in my village/town/district currently increasing?
 - Have I been in a high-risk area in the last few days?
 - Have I had contact with a person suffering from SARS-CoV-2?

If you answer yes to these questions, you should contact a paediatrician or family doctor. Please call in advance to find out if and when you are required to appear in person.

4. When does it make medical sense to have my child tested for SARS-CoV-2?

The decision as to whether a test is advisable is made by the paediatrician, family doctor or health authority.

5. My child had signs of illness in the morning, such as coughing and sneezing, with only a very slight fever. I have to go to work and I do not have anyone to look after my child. May I take the child to the facility, after all, he or she does not seem "really sick"?

No, for reasons of social responsibility as well as with regard to health, you should act responsibly. Do not put the educators in the difficult situation of having to decide whether the child has to be picked up. This will not help you or the child.

The facilities can only remain open if the parents also act in a supportive and responsible manner. Your child will be fully fit again in two or three days and the facility will be able to remain open continuously as a result.

6. Are those responsible for childcare able to make exceptions, due to individual problems in individual cases?

No. Those responsible must comply with the guidelines of the ministries. It is understandable that difficult situations exist. However, it is in everyone's interest if you avoid engaging the staff at the facilities in discussion, as they are required to observe the guidelines. Only by acting together for the common good can outbreaks and thus the closure of day care centres be prevented.

7. When will it be possible for my child to attend the day care again?

When your child is in a good general state of health and at least 48 hours after the symptoms have subsided and no fever is present. Re-admission is possible without a medical certificate.