



DEUTSCHE HÖHERE PRIVATSCHULE WINDHOEK (DHPS)

Regulations for cases of illness





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This document serves as a practical guideline in the event that your child falls ill. It will help us deal with such situations together and with greater clarity.

The facility relies on a trusting cooperation with you. If your child falls ill, we always decide on a case-by-case basis whether he or she should be picked up or can stay in the facility despite the symptoms. This may apply in rare exceptional cases, e.g. if your child suffers from allergic diarrhoea or a dietary change was made, i.e. if the diarrhoea is not contagious.

The basic rule is:

If your child does not feel well, has diarrhoea and/or fever, has a rash (redness, spots, blisters, etc.), breathing difficulties (due to coughing or sniffing) or is vomiting, we will call you and ask you to pick up your child. Sick children may need medication and they recover best in their familiar surroundings at home.

If your child's health is affected (e.g. allergies, skin rashes of unknown cause, purulent yellow rhinitis, coughing, general fatigue, fever, diarrhoea of unknown cause, vomiting, sore throat, ...), he or she must stay at home - also to protect the healthy children and staff.

Influenza

On average, toddlers get colds 6-10 times a year, because their immune system is not yet fully developed. This is normal and no cause for concern.

Colds (= infections of the upper respiratory tract) are mostly caused by viruses. The initial symptoms often are a watery, later yellowish runny nose (which hinders nasal breathing), coughing (breathing difficulties), sore throat, headache and aching limbs, sometimes fever.

Influenza infections are unpleasant, but usually harmless. However, you should consult a doctor to clarify the cause if your child coughs for more than a week, is hoarse, has pain or difficulty breathing, if the mucous turns yellowish, or if you detect blood in the mucous.

If a cold lasts longer than a week or if the child has a high fever, other secondary illnesses such as middle ear infection, sinusitis or bronchitis may occur, which can also become chronic. Children are weak, have an increased need for sleep, seek retreat and a restful daily routine.

Fever is an important defence mechanism of the body and should only be reduced in exceptional cases (from 39°C).

The other symptoms can be treated with medication at home after consultation with the doctor.



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Diarrhoeal diseases in connection / without vomiting

Many children suffer from abdominal pain, nausea, vomiting diarrhoea and fever. These diseases are transmitted by smear infection, and the pathogens (bacteria or viruses) are excreted with the stool or vomit.

Children must stay at home until the diagnosis if they suffer from sudden diarrhoea.

Only when a child has been symptom-free and stabilised (without diarrhoea or vomiting) for at least 24 hours, may he or she return to the facility.

Please also make sure at home that your child washes his or her hands thoroughly with soap - this is the best prophylaxis against infections.

If a child suffers from diarrhoea or vomiting, the staff will call the parents or other contact persons to pick up the child promptly for his or her own protection and diagnosis, as well as for the good of the other healthy children. The child should then stay at home until his or her state of health has fully stabilised (this may take a few days).

Important: Parents must guarantee that there is always someone available to call and pick up the child.

If a child vomits in the evening, he or she may not attend Kindergarten or Pre School until the **day after next**. The parents must inform us unsolicited in the morning that the child has not vomited for 24 hours. This is what we expect from a partnership and trusting cooperation between educators and parents. We can only act in the best interest of your child if there is an efficient exchange of information on both sides.

In the case described above, we will monitor the child more closely and, if there is a change in the child's state of health, we will immediately call the parents so that the child can be picked up.



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Elevated temperature/fever

Fever is a warning signal and a natural defence mechanism of the body against pathogens.

A distinction is made between:

raised temperature: from 37.5°C

fever: from 38.1°C

If a child has a raised temperature, it is not allowed to attend the Kindergarten or Pre School.

If a child is found to have an elevated temperature while attending Kindergarten or Pre School, the educators will call the parents or contact persons so that the child can be picked up.

A child may only return to the facility if he/she has been free of fever for at least 24 hours, without the use of suppositories or similar.

Administration of medication

If a child has to take antibiotics, he or she should not return to the kindergarten until he or she has been without symptoms for 1-2 days and feels well. If medication has to be taken at lunchtime, parents can of course come and administer the medication. If the state of health changes, we will inform the parents and the child must be picked up.

Educators will principally not administer any medication to the children.

The only exception: chronic medication (e.g. chronic diseases such as asthma or neurodermatitis). In this case, a letter from the doctor is required explaining exactly when and how the medication should be administered, in addition to the completed form "Parent Information on Drug Administration".

It is strictly prohibited for parents to send medication with their child without the knowledge of the educators, as there is a risk that other children will see and take medication that is stored on the shelf or in the child's bag.

In all other cases and if anything is unclear, please contact us - we will then decide what to do on a case-by-case basis and find a solution that is satisfactory both for you as parents and for us as educators.