

## When your child becomes ill – information for parents and guardians

Young children are often ill, and it is a normal and accepted part of family life to take care of them and help them get better. On average, a young child has 6-8 respiratory infections each year. Most respiratory infections clear up within a week.

### When should your child stay at home?

Your child's general condition – how they eat, sleep and take part in group activities – is crucial when deciding whether or not they can go to preschool. Your child must be fever-free (without taking any fever-reducing medication) and be able to take part in daily activities, both indoors and outdoors. Your child could be alert and active at home and yet does not have the stamina to engage with other children at preschool. A sick child who is not feeling 100% should be allowed to take it easy and be given time to recover. The staff should not need to take your child's temperature to decide if they should be at preschool or not. The assessment should instead be made based on your child's general condition.

### When should your child stay at home?

- When your child has a temperature. A good rule of thumb is that they should be fever-free for 24 hours at home before returning to preschool.
- If your child is fever-free but is so tired and listless that they do not have the stamina to be involved in regular activities at preschool.
- When your child has an infectious disease, such as tonsillitis and impetigo, and they are not on antibiotics, or they have been receiving treatment for less than 48 hours.
- If your child has a sore that is infected or eczema that is weeping. They can return to preschool when the sores have dried up and are no longer weeping.
- When your child has a stomach bug with vomiting and/or diarrhoea. They can return to preschool when they have begun eating normally and have not vomited or had diarrhoea for 48 hours. During times when stomach bugs are going around, the spread of an infection at preschool can be limited by keeping siblings of sick children at home.

In the case of more protracted infections, hygiene practices may need to be tightened. Preschool staff are in the best position to assess the general infection situation at the preschool, and they are the ones who can see how your child is feeling in that environment. If there is any doubt, it is the assessment made by the preschool staff that should form the basis for any decision that is reached.

Källhänvisning: Västra Götalandsregionen, Hygiensjuksköterska i förskolan,  
*När ditt barn blir sjukt – information till vårdnadshavare*

**We have read the information leaflet *When your child becomes ill***

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Place and date

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Signature of parent/guardian

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Name in block letters

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Child's name

Keep page 1 at home. Sign page 2 and give it to a member of staff at the preschool.

