

# Help us to reduce the spread of infection at preschool!

How should you act to reduce the risk of your family falling ill or spreading infection to other children and staff in preschool? Together we can help to stop the spread of infection!

## Winter vomiting sickness, gastric flu, vomiting and diarrhoea

### \* **Has the child vomited or had diarrhoea?**

Always stay home from preschool. Applies even if it was only once. Also notify the staff that you suspect that your child might have a stomach illness.

### \* **When can the child return to preschool?**

When the child has eaten normally and has not vomited or had diarrhoea for at least 48 hours

### \* **Should siblings of sick children also stay at home?**

Yes, it reduces the risk of the infection spreading.

### \* **Does it help to wash your hands?**

Yes, it is very important that you wash your own hands and those of your children frequently with soap and water. It is not sufficient to use hand sanitizer as it doesn't affect the virus which is spread as winter vomiting sickness.

### \* **What should I think about at home?**

Use paper towels instead of fabric towels, wash all clothes, bed linen and soft toys at 60 degrees, clean floors and toilets thoroughly, wipe off toys, handles and light switches.

**Tip:** Preschools often have an "emergency bucket" which contains disposable gloves, plastic bags, paper towels and hand towel roll. It can also be a good idea to have something like this to hand at home.

## Fever and colds

### \* **How long should the child be at home?**

Always in connection with fever and then 24 hours with a normal temperature at home.

### \* **My child doesn't have a fever but is a bit out of sorts, can I leave him or her at preschool?**

Let the child's general state of health determine whether he or she can return to preschool. Remember that the child must be well enough to cope with the high tempo of play and outdoor activities at preschool.