

## Prevention of infections in daycare – information for the guardians

Children in daycare get infectious diseases more often than children who are cared for at home. Infectious diseases can be prevented with simple measures at home and in daycare. With these measures you can help reduce the spread of infections in daycare.



### Children's hand hygiene

- Wash your child's hands
  - When arriving at day care and when returning home.
  - After going to the toilet.
  - Before meals.
- Keep the child's nails short.

### Hand washing:

- Wet hands with water
- Take soap from the dispenser and rub it all over hands, paying attention to thumbs and fingertips.
- Rinse hands thoroughly
- Use a paper towel to dry hands and to turn off the tap



### Toys

- Clean the child's toys at home before bringing them to daycare and again after daycare.
- Store the child's sleep toy in the child's own locker when not in use.



### Pacifiers

- In day care, pacifiers are used only when sleeping.
- Pacifiers are cleaned at home and clean pacifiers are kept in a box in the child's locker.



### Tooth brushing

- Brush the child's teeth at home in the morning and in the evening.
- If the child stays overnight in the daycare facilities, teeth are brushed there in the morning and in the evening. Toothbrushes are brought from home.



### The child's vaccines

- The maternity and child health clinic provides the vaccines from the national vaccination program protect, which protect the child against 13 different diseases and their complications. The annual influenza vaccine is included up to the age of 6.



### If the child falls ill

- It is recommended that the child stays at home as soon as the first symptoms appear. Infectious diseases, such as a cold, are often most contagious at the beginning of the illness.
- If a child becomes ill while at daycare, guardians are asked to come take the child from daycare.
- Below are instructions for when to return to daycare after an illness. It is also

important that the child has the energy to play and participate in the daycare activities.

Illness	When can the child return to day care?
<b>Whooping cough</b>	
<b>Vomiting and/or diarrhoea</b> <u>Vatsatauti, Magsjukan, Stomach flu</u>	48 hours after the symptoms have ended. Exceptions are EHEC, shigella, salmonella, typhoid fever, and paratyphoid fever, where the return to daycare follows the instructions of the infection prevention and control unit.
<b>Group A streptococcus tonsillitis, scarlet fever</b>	24 hours after starting the antibiotic treatment.
<b>Impetigo</b> <u>Märkärupi, Svinkoppor, Impetigo</u>	When the sores have dried <b>and</b> 24 hours have passed after starting the treatment with oral antibiotics/48 hours have passed after starting treatment with antibiotic ointment.
<b>Chickenpox</b>	When all the scabs have dried up, usually 5–6 days after the start of the rash.
<b>Scabies</b> <u>Syyhyn itsehoito-ohje eri kielillä</u>	Always contact a doctor. The child can return to daycare on the following day after the first treatment.
<b>Ear and eye infection, flu, influenza, Hand-foot-and- mouth disease, fifth disease, or roseola</b> <u>Enterorokko, Enterovirus, Hand, foot and mouth disease</u>	When the child's general condition is such that he or she can participate in the daycare activities. One fever-free day is a good rule. Prolonged absence from home usually does not prevent the spread of infections.
<b>Covid-19 (the coronavirus disease)</b>	When the symptoms have clearly decreased, the temperature is gone, and the child's general condition is such that he or she is able to participate in the daycare activities.
<b>Pinworms</b> <u>Kihomadot, Springmask, Pinworms</u>	Needs to be identified and treated but does not require the child to stay home from daycare.
<b>Head lice</b> <u>Päätäit Huvudlöss Head lice</u>	On the following day after the treatment.
<b>Molluscum contagiosum</b>	No need to stay home from daycare.