

HYGIENE AND INFECTION PREVENTION IN DAY NURSERY AND DAYCARE GUIDE FOR PARENTS



Dear parents,

In Randers Municipality, there is a focus on hygiene and infection prevention in day nurseries and daycare. With this guide, we want to focus on how the care service and parents in cooperation can help prevent illness and thus ensure better well-being for the child.

As a preventive measure, Randers Municipality focuses on:

- To create an infection-preventing effort through hygiene.
- To break chains of infection for children and their families.
- That children experience less illness both at the start and during the time in the care service.
- That parents and care services work together to ensure good well-being for the child.

Prevention of disease

The Danish Health Authority recommends the following 5 hygiene tips:



Wash your hands
often or use hand
sanitizer



Stay at home in case
of illness and
symptoms



Cough and sneeze
into your sleeve



Air out and create a
draught



Clean - especially
surfaces that are
touched by many
people

In particular, hand washing is recommended for infection prevention at meals, toilet visits and diaper changes, and nose cleaning. But it is also considered infection prevention if the child washes his hands when attending the childcare facility and again when the child goes home. This breaks chains of infection between the care service and the home - and vice versa.

If the child is sick

In Randers Municipality, we follow the Danish Health Authority's recommendations in case of illness or symptoms of illness. However, it is applicable that the child must be able to follow the day's activities when attending the childcare facility. In this connection, the Danish Health Authority highlights:



"... In very young children, symptoms and illness may manifest themselves in different ways than in adults and older children. It is important to look at how the child is doing overall. Is it whining, restless, crying, for example?" (Danish Health Authority)

Symptoms of disease

In case of symptoms of illness, the child's general condition and well-being are assessed as a starting point. The following pointers can be followed:

- Decreased energy levels
- Restless night's sleep
- Lack of appetite
- Crying
- Cuddles up
- Fever

You are welcome to inform the care service about the child's symptoms of illness so that chains of infection can be broken more quickly in special infectious cases.

The child's perspective

If the child seems unprepared, the child's general condition is assessed from the child's perspective and well-being. For example, if the child has difficulty participating in play, or activities, withdraws from contact with the other children or shows signs of being mentally overworked and dissatisfied. The child may not yet have learned to say no to participating in an activity that it cannot do – it may be easier at home in the family's safe environment. Parents may therefore experience being contacted by the staff concerning picking up the child.

Note! The child's general condition is assessed as an indication of whether the child is ill or has symptoms of illness. Temperature is **not** measured as an indication of illness or symptoms.

Medicine

As a starting point, the staff does not medicate the child in the care services. However, there may be exceptions if the child has a chronic condition or other types of illness that require prescribed medication within the child's time in the care service. Parents are responsible for passing on the doctor's instructions regarding the prescribed medication. On the medicine container, the child's data should appear together with adequate instructions for administering and giving medication. The care service may request a written request from the child's doctor if more thorough instruction is needed. It is a prerequisite that the child agrees to take the medicine, as the child must prospectively experience security with the staff in the care service.

It is not recommended to medicate children to reduce fever or pain so that the child can be handed over to the care service. The child will continue to be affected when the medicine no longer works, just as the child may continue to be a possible source of infection for other children.



When can the child return after illness?

It is an expectation that the child is kept at home until it is again without symptoms and has the energy to follow the day in the care service. If doubts arise as to when the child may show up again, please refer to the Danish Health Authority's recommendations concerning "Infectious diseases in children and youth". Please note that in some cases there may be differences between the doctor's recommendation and the assessment of the care services. Here, as a starting point, the child's general condition and well-being will always be looked at first.

References

Sundhedsstyrelsen (Danish Health Authority): Smitsomme sygdomme hos børn og unge - vejledning om forebyggelse i daginstitutioner, skoler m.v.

Sundhedsstyrelsen (Danish Health Authority): Gør god hygiejne til ren rutine - fakta og råd til forældre om god hygiejne

Retsinformation (Legal information): Skrivelse om medicingivning til børn i dagtilbud, skoler og skolefritidsordninger

The guideline has been prepared by the Health Care and Daycare Area in Randers Municipality based on the Danish Health Authority's recommendations in connection with hygiene, infection prevention and illness from a well-being perspective.

March 2023