



When my child gets sick...

Guidelines on kindergarten and school readmission after infectious diseases



active region

sustainable region

educative region

social region

„How soon can my child return to kindergarten/school after contracting an infectious disease?“

Dear parents,

You may sometimes be unsure about when your child should return to kindergarten or school after they have been unwell. The public health department has put together some clear guidelines to help parents in this matter. Generally children should not attend kindergarten/school when they have an infectious disease. As a parent you are also obliged to inform the school or kindergarten about the type of disease your child has contracted and to ensure that she or he remains at home for the recommended exclusion period.

The following table provides an overview of section 34 of the German Infection Protection Act (IPA). When you enrolled your child at school/kindergarten you received information about the IPA and you signed the document entitled “Advice for Parents and other Persons having the Care and Custody in accordance with § 34 IPA”.

The goal of the IPA is to lower the risk of infection to other children, family members and teachers and to thus prevent the further spread of disease. In places such as kindergartens or schools where children are in close contact with each other, disease-causing viruses and bacteria spread more quickly. The diseases listed in the following table can be especially harmful for children at a young age, leading to complications and long-term health damage. Adhering to these guidelines can help to reduce or even stop the spread of disease altogether.

Together we can create a healthier environment for our children.

If you have any questions please contact us:

Gesundheitsamt der StädteRegion Aachen
(Public Health Department Aachen)

Infektionsschutz und Hygiene (Infection control and prevention / Hygiene)

Trierer Straße 1

52078 Aachen

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Email gesundheitsamt@staedteregion-aachen.de

Disease	Incubation period	Readmission to school or kindergarten	Additional requirements for parents/guardians
Roseola (three-day-fever)	1- 2 weeks	After 24 hours fever free	None
Infective conjunctivitis	5 -12 days	As soon as redness and discharge have cleared	None
EHEC	2-10 days	After full recovery and 3 negative stool samples	Consult public health department
Common colds without fever		No restrictions	None
Cold with fever (body temperature of >38°C)		After 24 hours fever free	None
Hand, foot and mouth disease	4-7 days	After full recovery	None
Hepatitis A and E	15-50 days	1 week following onset of jaundice	None
Haemophilus influenzae type b (Hib)	2-5 days	After full recovery	None, antibiotics may be necessary
Impetigo contagiosa	2-10 days	24 hours after commencing antibiotic treatment otherwise after skin heals completely, doctor's certificate necessary	None
Influenza	1-2 days	After full recovery	None
Pertussis (whooping cough)	7-20 days	After 5 days of antibiotic treatment o after 3 weeks without antibiotics	None, antibiotics may be necessary
Head lice		After the first treatment, see public health department leaflet	None
Scabies	14-42 days	After treatment and skin heals completely, doctor's certificate necessary	None, but doctor's examination is necessary
Gastro-intestinal diseases		No sooner than 48 hours after the last episode of vomiting or diarrhoea	None
• Norovirus	1-2 days		
• Rotavirus	1-3 days		
• Salmonella	6-72 hours		
• Campylobacter	1-10 days		
• Unknown cause			
Measles	8-14 days	No earlier than 5 days after onset of rash	Consult public health department
Meningitis (Meningococci)	2-10 days	After full recovery	None, antibiotics may be necessary
Mumps	12-25 days	After full recovery and no sooner than 9 days after onset of swelling	Consult public health department
Aphthous Stomatitis (canker sores)	2-12 days	After full recovery	None
Mononucleosis (glandular fever)	7-30 days	After full recovery	None
Erythema infectiosum/ Fifth disease	7-14 days	After onset of rash	None
Rubella	14-21 days	After full recovery	None
Scarlet fever, Streptococcal (A) Tonsillitis	1-3 days	After 2 days of antibiotic treatment or after full recovery without antibiotics	None
Tuberculosis	6-7 weeks	When no longer contagious, doctor's certificate necessary	Physical examination and doctor's certificate necessary
Chickenpox (varicella)	8-28 days	After skin heals completely	None

Further information is available at the following websites:

**Gesundheitsamt der StädteRegion Aachen
(Public Health Department Aachen)**

www.staedteregion-aachen.de/gesundheitsamt

**Bundeszentrale für gesundheitliche Aufklärung
(Federal Centre for Health Education)**

www.bzga.de (also in English)
www.infektionsschutz.de/erregersteckbriefe/
(disease information sheets available in English)

**Universitätsklinikum Bonn (University Hospital Bonn)
Institut für Hygiene und Öffentliche Gesundheit
(Institute for Hygiene and Public Health)**

www.hygiene-tipps-fuer-kids.de

Do you have questions?

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Damit Zukunft passiert.
www.staedteregion-aachen.de

