

Information and instructions for parents and guardians in the event of confirmed cases of COVID-19 at preschool.

Why am I receiving this information?

Cases of COVID-19 have been confirmed in connection with the department/staff group at your child's preschool. Contact tracing is under way, the extent of which is determined by those tracing the infection. Your child has not been identified as a close contact who is assessed to have been directly exposed to infection.

Children can find it unpleasant to have to take tests for each common cold they catch, so it is recommended that children in preschool age should primarily stay at home without being tested for COVID-19.

What should I do now?

Children who show no symptoms can continue attending preschool. If they do show symptoms – even mild ones – they should go home.

If you need medical advice, call 1177 or a regular health centre.

When should a child stay at home?

Children showing symptoms should stay at home and avoid close contact with others.

If they have **short-term symptoms**: stay at home as long as the child has symptoms, plus 48 hours.

If they have **lingering mild symptoms** (e.g., mild coughing and a slightly runny nose): stay at home for at least seven days after the child develops symptoms; for at least two of these days, the child should be without fever and showing a general improvement

When tests are taken:

If the test gives a negative result:

The child can return to preschool or other activities when its general health allows, and in accordance with general procedures for sick leave at each establishment.

If the test gives a positive result:

The child needs to stay at home for at least 48 hours after being free from fever and after showing overall signs of improvement, plus for at least seven days after the symptoms first appeared. In cases where a child experiences lingering mild symptoms, such as a dry cough and slightly runny nose, the child may return to preschool and other activities after seven days have passed since it became ill.

When should household contacts isolate themselves at home?

Self-isolation is decided by a doctor and is used only when there is a confirmed case of the illness in the household.

Facts about COVID-19

How long is the incubation period?

The length of time between being infected and potentially getting sick (the incubation period) is between two and fourteen days; five days is most common.

What are the common symptoms of COVID-19?

Children are generally described as having milder symptoms of COVID-19 than adults. They are less disposed to getting seriously ill, and are likely less contagious.

As with adults, the most common reported symptoms are fever and a shortness of breath, whilst symptoms described for some children are diarrhoea, vomiting, fatigue and a runny nose.

How are coronaviruses spread?

Coronaviruses are transmitted via co-called droplet transmission and through direct contact. When someone sneezes, coughs or speaks, infectious droplets form in the air. If you are physically close to that person, you can become infected. When the droplets land on surfaces or objects, the infection can spread from there, usually via the hands. If you touch your eyes or nose without having washed your hands, viruses can enter the body that way. That is why it is important to keep a distance from others and to wash your hands frequently.