

## Important Parent Information About Health

\*Please keep this for future reference

Dear LIK parents,

My name is Stefan Schmidt and I am the Whole House Assistant Principal at the Kindergarten. I work in collaboration and partnership with the school and school nurse to create a safe and healthy environment for all, providing both health care and health education using best practice and up-to-date guidance from government health authorities. Please take a minute to read this important information.



**If your child has Diabetes, Asthma, Severe Allergies, Seizure Disorder, or other health conditions please notify us.**

As a health coordinator, it is my responsibility to notify parents and staff members about communicable diseases in the Kindergarten, as soon as they are identified. These would include, but are not limited to:

Chicken Pox, Fifth Disease/Slapped Face, Scarlet Fever, Meningitis, Rubella, Pink Eye, Influenza, and Head Lice. This information will be disseminated via Engage (our school portal). **Please inform reception immediately if your child has a contagious disease**, so we can take the necessary steps.

### Sick Children

Children should be kept at home until they are well enough to participate fully in all activities. Children must be **fever free without the use of medications for 48 hours before returning to Kindergarten**, and after having **vomiting and/or diarrhoea must be kept at home until 48 hours** after the symptoms have cleared. Advice should be sought from a doctor if there is any uncertainty.

Please do not send your child to Kindergarten if they have any of the following symptoms:

- **High Temperatures or Fever - Temperatures of 99.5°F / 37.5°C or higher**
- **Vomiting: sickness or strong stomach ache**
- **Diarrhoea**
- **Acute cold: sore throat, or strong cough**
- **Thick mucus in nose/eyes or inflamed eyes**
- **Suspicion of head lice if not treated**
- **Suspicion of contagious infection (chicken pox, scarlet fever, fifth disease etc.)**

It is often difficult to decide whether or not your child is sick enough to stay at home. Many illnesses are easily spread, both in Kindergarten and in the family. Keep in mind that hand washing is the single most important thing that you can do and teach your child to do, to help prevent the spread of infections. In addition, it is also helpful to teach children to cough and sneeze into the elbow to help minimize the spread of germs to other surfaces. Since the elbow is less likely than your hands to come into contact with other objects, fewer areas become contaminated.



In assessing whether or not your child is well enough to be in Kindergarten, please ask yourself if they are well enough to attend PE and play outside, as they will be expected to take part in these activities. Please understand that it will not be possible to make special arrangements for children to be withdrawn from activities or to be supervised in the classroom during playtime.

In the case of serious childhood disease or highly contagious disease, **please bring a certificate of harmlessness from your attending physician before returning to Kindergarten.** Thank you for your cooperation.

### **First Aid**

Most injuries at Kindergarten are minor and require little attention. However, in the event of an emergency situation we will take the necessary emergency measures and contact you by telephone. Please promptly update your details in Engage should there be any changes to your emergency contact information.

If you take your child to the hospital or to a physician because of an injury that happened at Kindergarten, you should let us know as soon as possible; **providing us with a medical report**, so that we can complete the insurance documents.

### **Medication**

Medication is generally the responsibility of the parents and should be given at home whenever possible. However, if your child has to take medication during school time, you must bring the medication in its original packaging, clearly labelled with the child's name; and administration instructions / guidelines with a valid expiration date to the reception desk.

- Please **inform Kindergarten staff of any medication needed** for your child.
- Please also **fill in a Medication Authorisations Form** which can be found at reception in order for your child to be allowed to receive medication. **All medication/application of creams, nasal sprays etc. must have a form completed in order for the staff to be able to give your child the care required.**
- Injections will only be administered in case of a life-threatening situation (i.e. allergic reactions or insulin dependent diabetics). If your child needs an asthma inhaler, bring it in with the appropriate note from the doctor.
- Please never share medication with anyone else.

### **Measles Protection Act (Masernschutzgesetz)**

On 1 March 2020, the German government implemented a mandatory measles vaccination law. The "Measles Protection Act" stipulates that all children in Kindergarten must be vaccinated against measles. All parents will have to provide evidence that their children have been vaccinated, and only children whose doctors confirm they cannot be vaccinated for health reasons will be exempt. **2 vaccinations should be present once the measles program is completed.**

This evidence must be provided in the form of a written document signed by a doctor, *or* the original vaccination pass (Impfausweis). *Kindergartens in Germany will not be allowed to accept children who have not provided evidence of immunity (§ 34 IfSG) and are legally obligated (§ 33 IfSG) to notify the local public health department (Gesundheitsamt) of any cases of non-compliance.*

If you wish to discuss any questions, issues, or health-related concerns, please don't hesitate to contact me.

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