

For parents

Re-opening daycare and elementary schools

The National Board of Health sends this letter to all citizens registered as custody holder of children born after January 1st, 2007.

Our joint efforts against the COVID-19 epidemic appear to be working. This means that Denmark can now begin to open up some parts of society in a careful and controlled manner. We are ready to take the first step in the reopening and many children and youths can return to school or daycare after Easter.

However, we are still in the middle of a serious epidemic. We cannot avoid the spread of infection, even in daycare and schools. If we are to avoid the vast spread of Covid-19 again, it is necessary to take some strict precautions. We still have to protect each other from infection. We need to stick to our new habits. We need to keep our distance, we need to keep washing our hands often and maintain good hand hygiene. We need to be aware of signs of the disease and act upon them.

It also means that new conditions for your child. The everyday life we know from our child's school or daycare, will be different than what we are used to. There will be several actions put in place, that will help reduce the spread of infection of new coronavirus. The children will, for example, be outside a lot more than usual and they will not be able to gather with as many kids, as they have done in the past.

We all have a shared responsibility and a shared mission if we are to succeed in reopening the society, and this requires the efforts of all families.

If you are concerned for yourself or your relatives

Many people are concerned with the epidemic of new coronavirus. The situation affects all of us. It is natural to experience increased level of stress and worries, and thus, it is of importance to take care of ourselves and others.

The majority of the people who will be infected with coronavirus will experience mild illness. Especially children and the youth. This is important to point out. In regards to children and the youth, the experiences suggest that children and young people do not constitute a major source of infection.

Letter from the National Board of Health regarding school start-up (0-5 grade) and daycare

If you are worried about sending your child to daycare or school, it is of importance that you speak with the management in the daycare or the school about it.

If your child is worried or have questions, it is important that you are communicating with your child about what your child is worried about. The health board have in cooperation with Børns Vilkår made a movie with four good advice about how you can speak with children about new coronavirus. You can find the movie on [www.sst.dk/da/Udgivelser/2020/ Film-om-coronavirus](http://www.sst.dk/da/Udgivelser/2020/Film-om-coronavirus)

The National board of health has developed several movies for children, which inform about the new coronavirus, and moreover, about how you have to play and be around people in a new way. These movies can be used for you as a parent to show your child. You can find the movies on www.sst.dk/corona

The National Board of Health's general advice

- **If you are healthy** – protect yourself in order to protect others
- **Follow the advice about washing your hands and hand sanitizing**, show consideration and limit physical contact and social activities.
- **If you have a cough, light fever or a cold** – stay home until you are healthy
- **Keep distance to your loved ones** and avoid contact with others outside of the home.
- **If you have trouble breathing, your symptoms get worse or if you are ill for several days** – call your doctor. It is very important that you call first and not just show up in the waiting room where you can risk infecting others.

Good advice

The National board of health has made some good advice to you as a parent in order for you to know what you should do when your child returns to daycare or school under these new circumstances.

Below you will find:

Good advice for parents with children in daycare

Good advice for parents with children in elementary school 0-5th grade

You can always find the newest information at sst.dk/corona. You are be able to call the joint authority hotline 24/7 a day at this number: **70 20 02 33**.

Information in English available at sst.dk/corona-eng. Selected materials in other languages via publication list: sst.dk/coronamaterialer

New coronavirus most commonly spreads in places with a lot of people through e.g.: handshakes and little drops from coughing and sneezing. Protect yourself and others using these advice:

- Wash your hands often – or apply hand sanitizer
- Cough or sneeze into your sleeve – not your hands
- Avoid handshakes, kissing and hugging – limit the physical contact
- Pay attention to cleaning
- Keep your distance – ask others to show consideration

Go to this site to see how you and your children must wash your hands correctly and efficiently in order for you to protect yourself and others from coronavirus/COVID-19.

www.sst.dk/da/Udgivelser/2020/film_vask_haender

Groups at risk

Most children are not at particular risk. If your child belongs to a group at risk, you as a parent, should speak to the management of the daycare or school to make a concrete and individual assessment, of whether your child should be in daycare or school. In the assessment, emphasis will be placed on whether it can be justified that the child should attend daycare or school, when taking health into consideration.

A description of the groups at risk can be found here:

<https://www.sst.dk/da/corona/Saerlige-risikogrupper>

If the child lives in a household with a person who is at particular risk, the child can as a starting point, come to daycare or school. There may be cases where, after a specific, individual assessment, in regards to the degree of the illness of the next of kin, it can be assessed that the child should not attend daycare or school. If you are unsure whether your child is at particular risk or you need special advice, we recommend that you talk to your doctor.

If you follow the mentioned advice, you will be a part of reducing the spread of the new coronavirus.

Good advice for parents with children in daycare

If you follow this advice, you can help reduce the spread of new coronavirus.

- If possible, drop off your child at the entrance to the outside areas of the institution
- When you drop off and pick up your child, avoid gathering with any of the other children and parents. Ensure proper distance.
- Ensure that the child washes its hands before leaving home in the morning. And as the first thing when you return to home in the afternoon.
- Teach your child how to wash hands and talk to the child about how to comply with the general advice on hygiene and on keeping proper distance when possible.
- Ensure that your child brings outdoor clothing, enabling the day to be spent outside. Remember sunscreen if the weather is good.
- Do not bring toys from home.
- Your child cannot share food with others. For instance, do not bring food to be shared on birthdays.
- Do follow the Health Service's guidelines on children and playdates after school. Make playdates with the same few children, who are within your child's group in daycare.
- Pay particular attention to signs of illness with your child - if there are the slightest signs of illness, you must keep the child at home. Your child can return to daycare when 48 hours have passed from being free of symptoms.
- If you are ill yourself, you shall stay at home and not drop off or pick up your child.
- If your child gets ill when in daycare, you shall pick up you child immediately.

Good advice for parents with children attending 0-5th grade

If you follow this advice, you can help reduce the spread of new coronavirus.

- Talk to your child about how to protect yourself and others against infection best possible.
- Tell your child that even if the school and the after-school care reopens, the everyday will not be as it used to, since we still need to take care of each other and avoid spreading the disease.
- Ask your child to wash hands as the first thing they do in the school in the morning. And again as the first thing when returning home in the afternoon.
- Teach your child how to wash hands and talk to the child about how to comply with the general advice on hygiene and on keeping proper distance.
- Drop off your child outside of the school. Avoid gathering too many people at the main entrance for example. Keep distance.
- Ensure that your child brings outdoor clothing, enabling most of the day in school and after-school care to be spent outside. Remember sunscreen if the weather is good.
- Your child cannot share food with others. For instance, do not bring food to be shared on birthdays.
- Clean your child's electronics every day (mobile, tablet, computer). Ask your child not to share their electronics with others.
- Do follow the Health Service's guidelines on children and playdates after school. Make playdates with the same few children, who are within your child's class.
- Pay particular attention to signs of illness with your child - if there are the slightest signs of illness, you must keep the child at home. Your child can return to daycare when 48 hours have passed from being free of symptoms.
- If you are ill yourself, you shall stay at home and not drop off or pick up your child.
- If your child gets ill when in daycare, you shall pick up you child immediately.
- Pay attention to the mental health of your child and ask the what might be upsetting.