

A cold or COVID-19?

Information on suspected Covid-19 for all urban and non-urban children's day-care facilities, schools, childminders, parents and paediatricians in the city of Offenbach*

CURRENT REGULATIONS

In accordance with the 2nd Hessian Corona Ordinance, children may not attend kindergartens, childminding facilities or schools if the child or any members of the household in which they live (siblings) are exhibiting symptoms of COVID-19. Where the word "kindergarten" is used below it refers similarly to childminding facilities and schools.

WHAT ARE THE SYMPTOMS OF COVID-19?

Unfortunately there are no clear symptoms that indicate COVID-19 with any certainty; initial symptoms are similar to those of the common cold.

At a meeting with representatives of the paediatricians of Offenbach on 10.7.2020, the following was decided in consultation with the city Health Department:

WHAT PARENTS SHOULD DO IN THE EVENT OF MILD SYMPTOMS AND A SLIGHT TEMPERATURE

If children are sick or ailing, their parents must take a rectal reading of their temperature with a thermometer. (Thermometers can be purchased from, for instance, DM, Rossmann or a pharmacy.)

- The "**normal**" body temperature measured rectally is defined as between 36.2 and 37.7°C. Children with no symptoms of illness who have a "normal" temperature may attend kindergarten.
- A "**slightly raised**" body temperature measured rectally is defined as between 37.8 and 38.4°C. Children with a "slightly raised" temperature who are showing no further symptoms of illness should stay at home under observation for 24 hours. If the child's temperature returns to normal by the next day and there are no further symptoms of illness the child may go back to kindergarten without having to produce a medical certificate. Children with a "slightly raised" temperature who are coughing or suffering from diarrhoea must also stay at home under observation for 24 hours.

If the temperature returns to "normal" and there are no symptoms of illness present by the next day, children may go back to kindergarten without having to produce a medical certificate.

If the child still has a temperature, or is still suffering from symptoms of illness, you should contact your GP or paediatrician. When the child is healthy once

more, you must produce a medical certificate before the child can return to kindergarten.

WHAT PARENTS MUST DO IF THEIR CHILD HAS A FEVER

- A fever is defined as a body temperature of more than 38.5°C when measured rectally. Children with a fever but with no further symptoms of illness should stay at home under observation for 48 hours — if necessary the GP or paediatrician should be called.
- If the temperature returns to normal by the next but one day, and there are no further symptoms of illness, the child may go back to kindergarten without having to obtain a medical certificate.
- If further symptoms develop and / or the child still has a fever, contact your GP / paediatrician. It will be necessary to produce a medical certificate before the child returns to kindergarten.

SPECIAL EXCEPTION

If the child just has a slight cold with no other symptoms (no fever, no pain), the child may return to kindergarten without having to produce a medical certificate.

THE PROCEDURE FOR HEALTHY SIBLINGS

In the cases described above, where a doctor or paediatrician needs to visit the sick child and a medical certificate has to be produced before a return to kindergarten, a healthy sibling who lives in the same household must, in accordance with the 2nd Hessian Corona Ordinance, also stay at home.

› In individual cases the Health Authority may make provisions that deviate from this.

INFORMATION FOR INSTITUTIONS AND DOCTORS

The recommendation for a broad issue of a “medical certificate for receipt of sick pay in the event of sickness of a child” was discussed with the representatives of the paediatricians of Offenbach. Certificates issued by doctors and paediatricians should be accepted by institutions.

INFORMATION FOR INSTITUTIONS

Regular measurement of temperatures upon entering facilities is not recommended by the City Health Authority or by the paediatricians’ representatives.

Temperature measurements using a forehead thermometer are imprecise and often do not correspond to the actual, rectal, temperature. Forehead thermometers are therefore not suitable for deciding whether a child should be allowed into or excluded from an institution.

www.offenbach.de/corona