

tip doc

KINDERKRANKHEITEN in Kita und Schule



Überblick S. 2

Masern S. 4

Windpocken S. 6

Röteln S. 8

Ringelröteln S. 10

Mumps S. 12

Keuchhusten S. 14

Scharlach S. 16

Hand-Fuß-Mund Krankheit S. 18

Fieber S. 20

Magen-Darm-Infekt S. 22



Which diseases are they?



Measles



Chicken pox



German measles



Fifth disease



Mumps



Whooping cough..



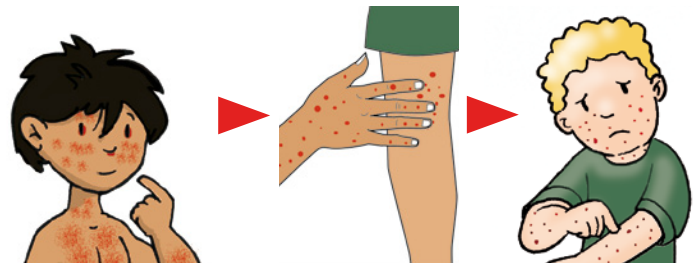
Scarlet fever



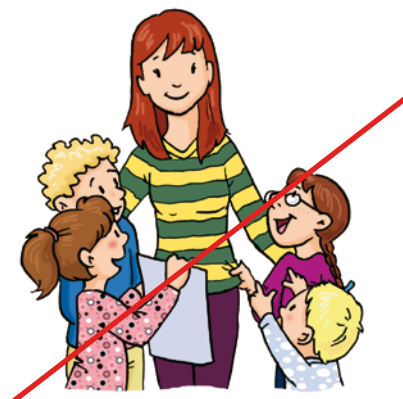
Hand-foot-and-mouth disease

If you think your child might have one of these "children's diseases":

The diseases can be infectious.



Do not send your child to nursery/daycare/school.

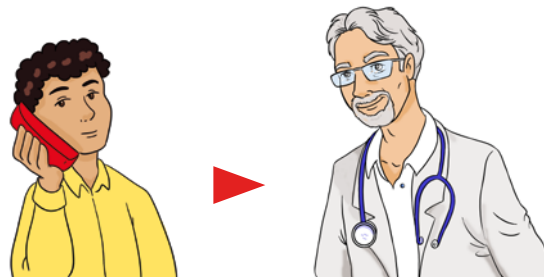


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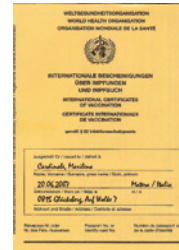
CHILDREN'S DISEASES in daycare centres and schools

KINDERKRANKHEITEN in Kita und Schule

First phone your paediatrician.



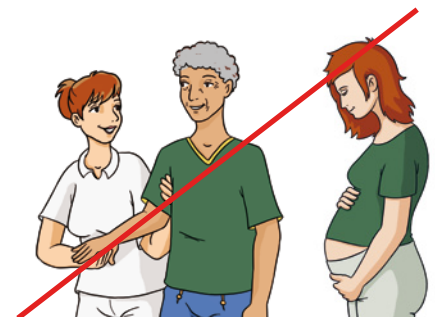
Take your child's vaccination record with you.



Follow the doctor's instructions.

Possible instructions the doctor may give you:

- This disease is infectious.
- Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.
- Make sure you avoid contact with pregnant women.



- Confined to bed/ordered to rest.
- Give your child plenty to drink.



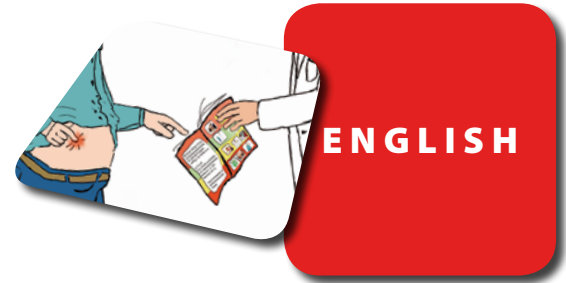
- Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.

- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.



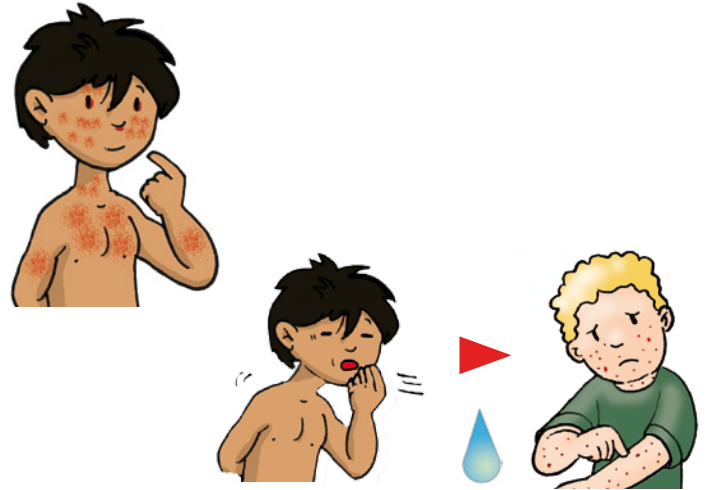
- You need a certificate of fitness from the doctor.
Note: This is not a legal requirement for most infectious diseases. According to the recommendation of the Robert Koch Institute, a written medical certificate should be requested for the following diseases: epidemic keratoconjunctivitis, scabies, EHEC, shigellosis, infectious tuberculosis.





1. Appearance: Red patches on the skin that run into each other, high temperature, conjunctivitis, a cough and a cold.

Complications: On very rare occasions measles can lead to a serious encephalitis.



2. Risk of infection: Measles is a virulent (very infectious) disease. It is transmitted by droplets or secretion when speaking, coughing or sneezing. The disease is infectious 3-5 days before the rash and 4 days after the rash appears.

3. Protection: You can protect yourself and others by having the injection.



4. This disease is notifiable. Your doctor will take care of this for you.



5. Measures:

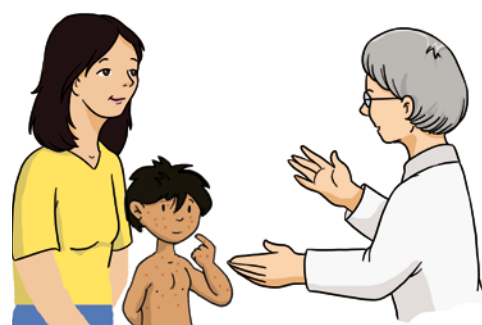
First phone your paediatrician.



Take your child's vaccination record with you.



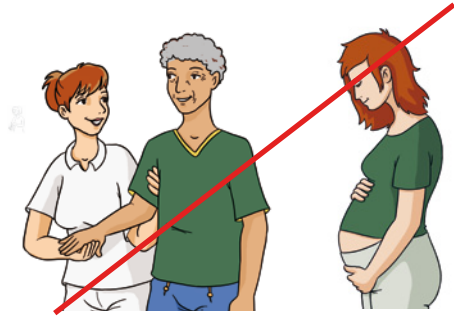
Follow the doctor's instructions.



MEASLES ♦ MASERN

6. These recommendations may be:

- Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.
- Make sure you avoid contact with pregnant women.



- Confined to bed/ordered to rest
- Give your child plenty to drink.
- Your child should not rub his/her eyes.



- Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.



- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.

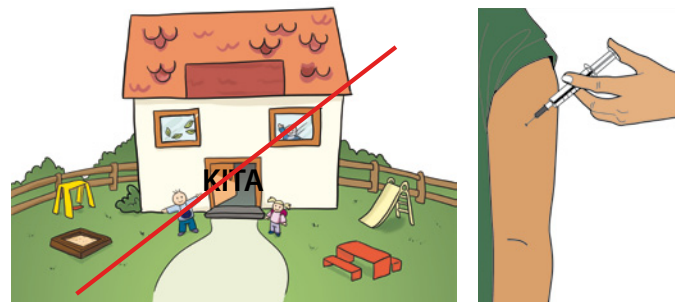


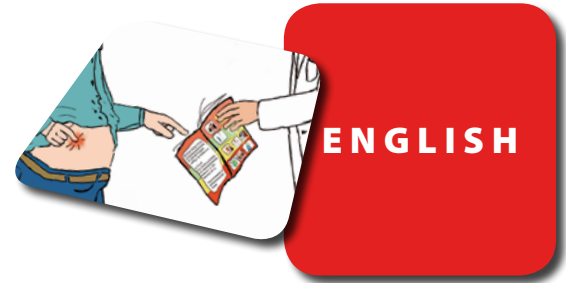
7. For unprotected persons or those who have not had the injection:

At least 14-16 days where the child cannot attend the daycare facility/school

or

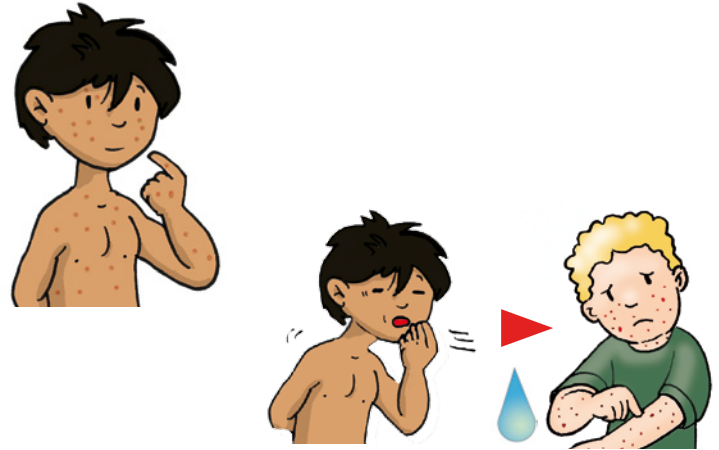
have the injection in the first 3 days after being in contact with a person carrying the disease.





1. Appearance: Around 2 weeks after contact, the patient will briefly have a high temperature and will feel exhausted. Then a red, itchy rash will appear. This rash soon turns into small blisters. Complications: On very rare occasions this can lead to a serious encephalitis.

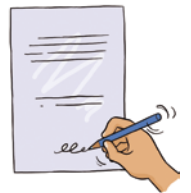
2. Risk of infection: Chicken pox is virulent (very infectious). The disease is transmitted by droplets when speaking, coughing or sneezing or through the liquid in the blisters. Chicken pox is infectious 2 days before the rash and up to 5 days after the rash has appeared until all the blisters have acquired a crust.



3. Protection: You can protect yourself and others by having the injection.



4. This disease is notifiable. Your doctor will take care of this for you.



5. Measures:

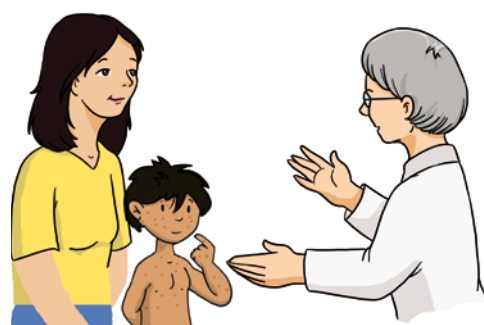
First phone your paediatrician.



Take your child's vaccination record with you.



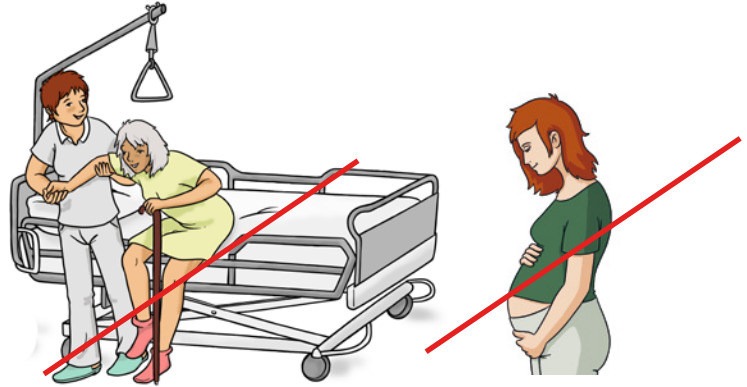
Follow the doctor's instructions.



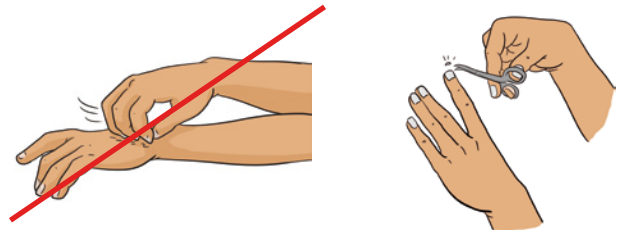
CHICKEN POX ♦ WINDPOCKEN

6. These recommendations may be:

- Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.
- Make sure you avoid contact with pregnant women.

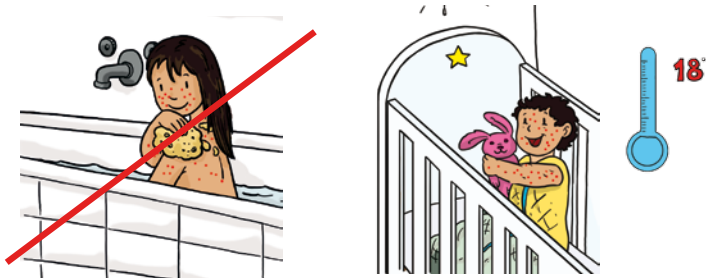


- Confined to bed
- Do not scratch.
- Shorten finger nails.
- Do not have a bath.



To combat itchiness:

- Keep rooms cooler.
- Light, loose clothing that doesn't irritate the skin.



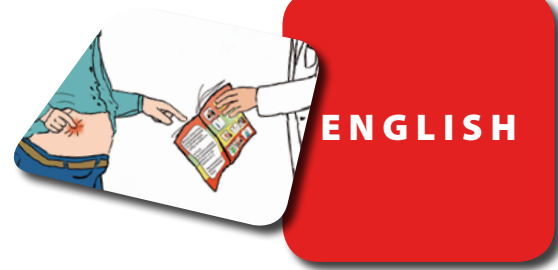
- Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.



- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.



GERMAN MEASLES (RUBELLA) RÖTELN



1. Appearance: Small bright red spots spread over the entire body for 1-3 days. The lymph nodes on the neck and behind the ears swell. After 1 week, cold and fever are usually over. Only about half of the infected develop signs of the disease.

Complications: In adults, the disease can be severe. It can come to joint inflammation. Rarely to brain or heart muscle inflammations. In pregnant women, the unborn child may be harmed.

2. Risk of infection: German measles are virulent. It is transmitted by droplets or secretion when speaking, coughing or sneezing. It is contagious 1 week before and 1 week after the onset of the rash.

3. Protection: You can protect yourself and others by having the injection.

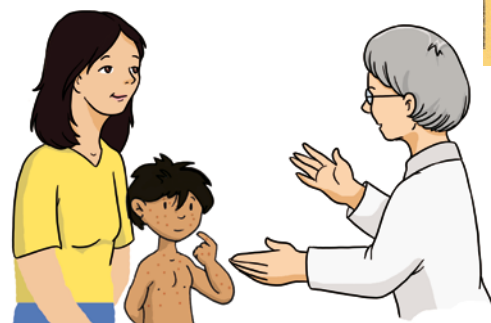
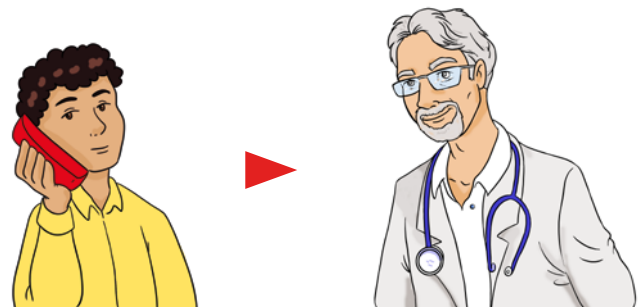
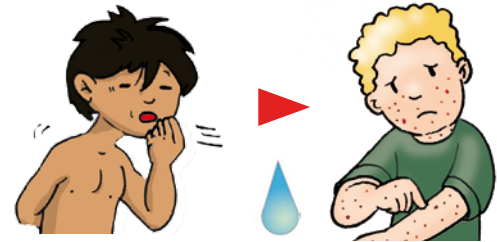
4. This disease is notifiable. Your doctor will take care of this for you.

5. Measures:

First phone your paediatrician.

Take your child's vaccination record with you.

Follow the doctor's instructions.

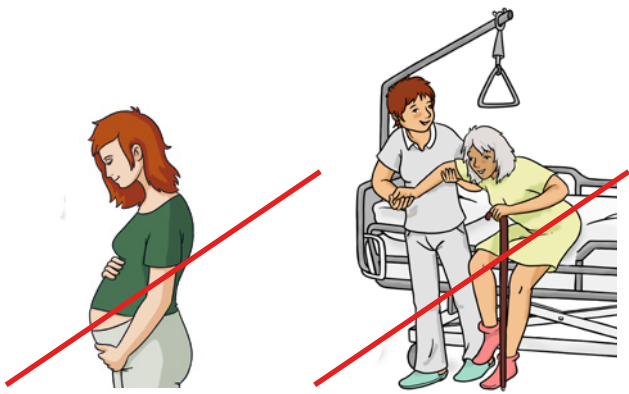


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GERMAN MEASLES (RUBELLA) RÖTELN

6. These recommendations may be:

- Make sure you avoid contact with pregnant women.
- Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.



- Confined to bed
- Give your child plenty to drink.

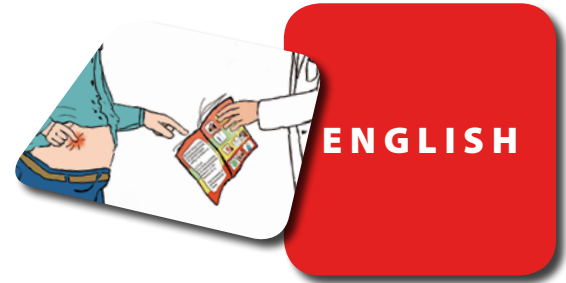


- Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.



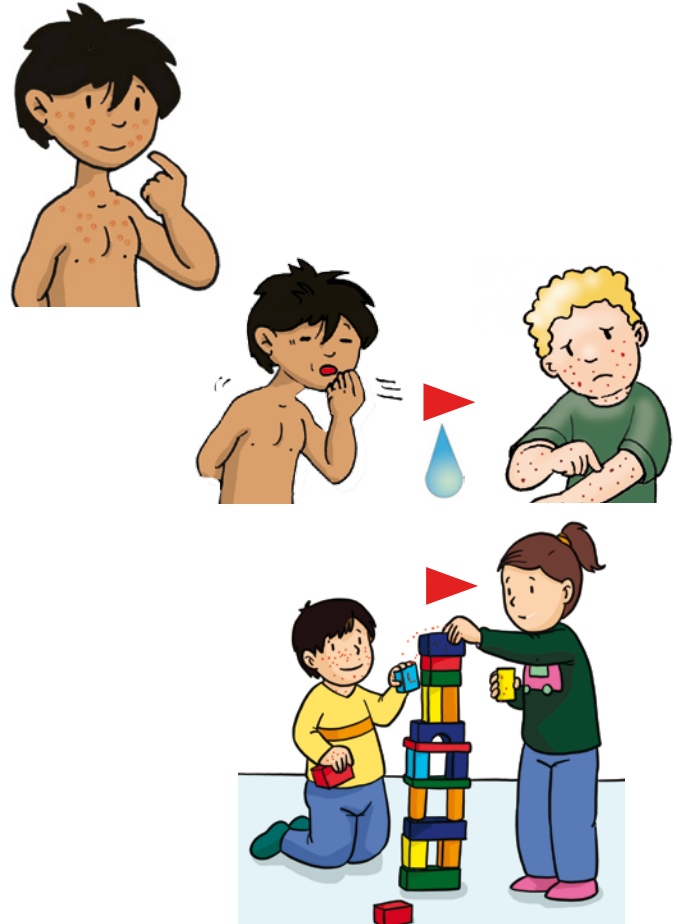
- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.





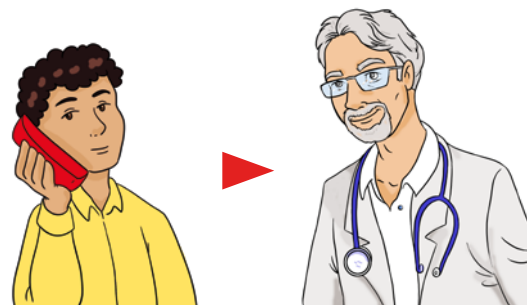
1. Appearance: Fifth disease is usually accompanied by a light feeling of having a cold, swollen lymph nodes and large red patches on both cheeks, then a red lacy rash over the body for a few days.
Complications: Rare. If a pregnant woman becomes ill, the unborn child can suffer serious damage.

2. Risk of infection: Fifth disease is infectious. It is transmitted by droplets. The pathogens can survive on objects such as door handles.
A child is infectious a few days before the rash appears but hardly at all once the rash is in evidence.



3. Measures:

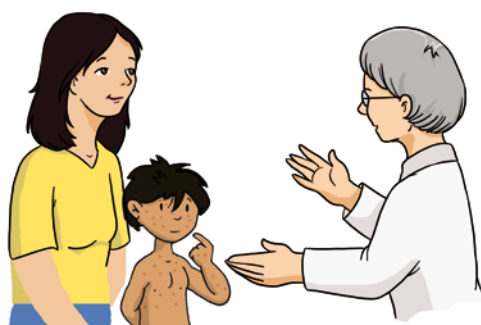
First phone your paediatrician.



Take your child's vaccination record with you.



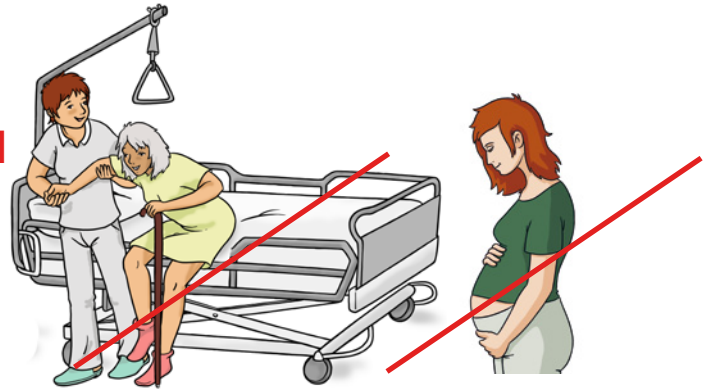
Follow the doctor's instructions.



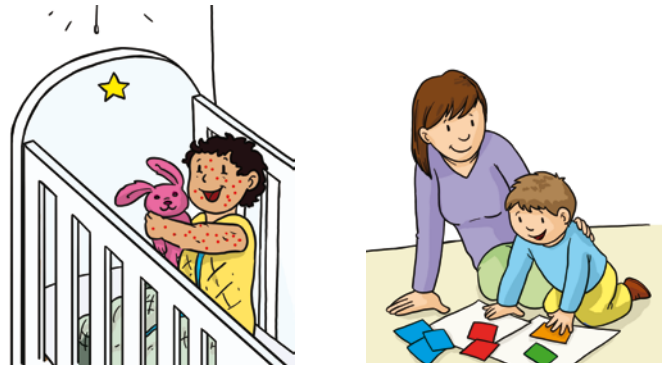
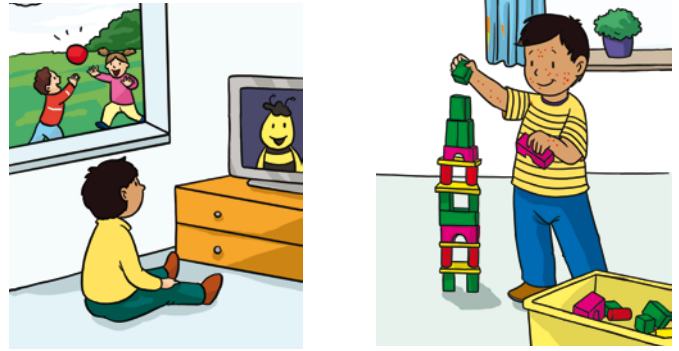
FIFTH DISEASE ♦ RINGELRÖTELN

4. These recommendations may be:

- Make sure you avoid personal contact with people with a weak immune system.
- Make sure you avoid contact with pregnant women.



- Ordered to rest

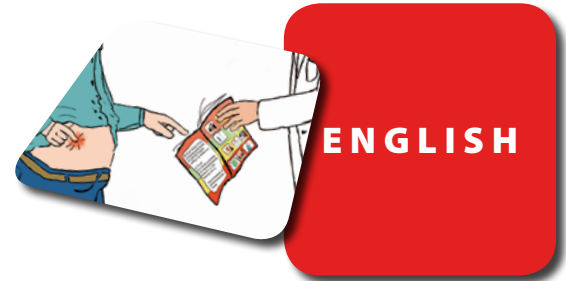


- Please inform the nursery/daycare centre/crèche or school about your child's illness. Please say which disease the child has if it is infectious so the staff can protect the other children if need be.



- The child must not go back to nursery or school until the rash has subsided. Ask your paediatrician.

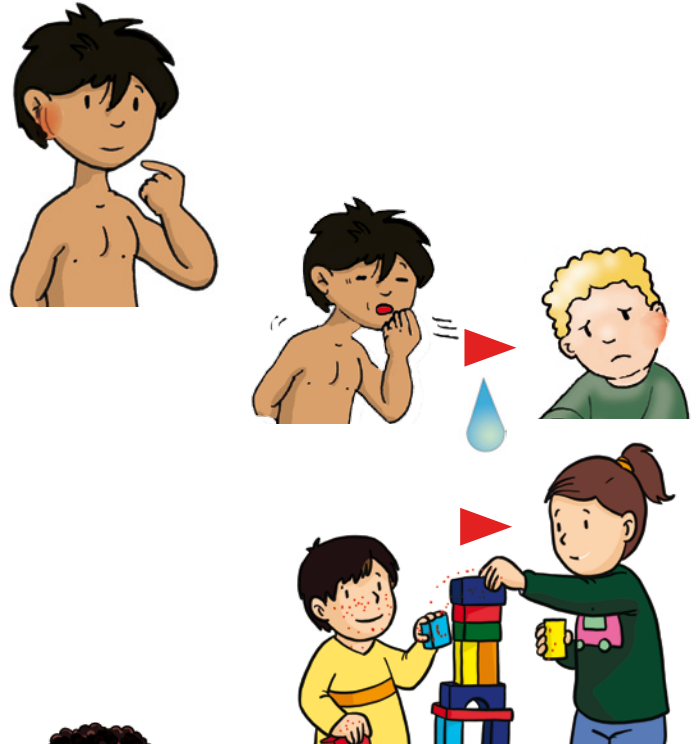




1. Appearance: 2-3 weeks after your child has caught the disease, the salivary glands swell and your child will suffer from a high temperature, headache and will generally feel unwell. The child will feel like this for around 1 week.

Sometimes this may lead to acute meningitis. The regenerative glands may be damaged permanently.

2. Risk of infection: Mumps is infectious. The pathogens are transmitted by droplets and saliva. This includes objects which come into contact with saliva. A child is infectious 7 days before the first signs of illness and then infectious for up to 9 days.



3. Protection: You can protect yourself and others by having the injection.

4. This disease is notifiable. Your doctor will take care of this for you.



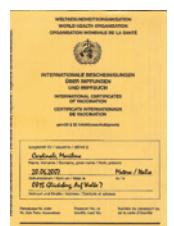
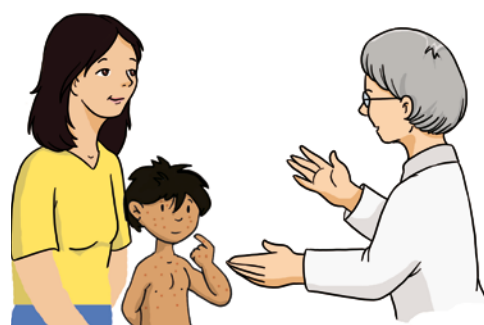
5. Measures:

First phone your paediatrician.



Take your child's vaccination record with you.

Follow the doctor's instructions.

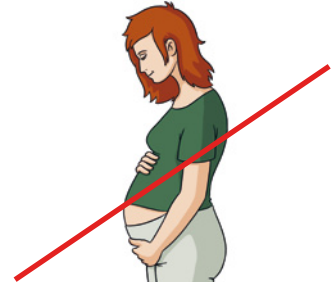


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MUMPS

6. These recommendations may be:

○ Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.



- Confined to bed
- Give your child plenty to drink.
- Cool or warming compresses can sometimes help.
- Light food, mashed/puréed food or soup.

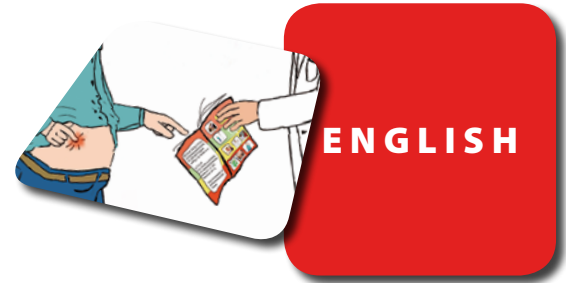


○ Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.



○ The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.





WHOOPING COUGH KEUCHHUSTEN

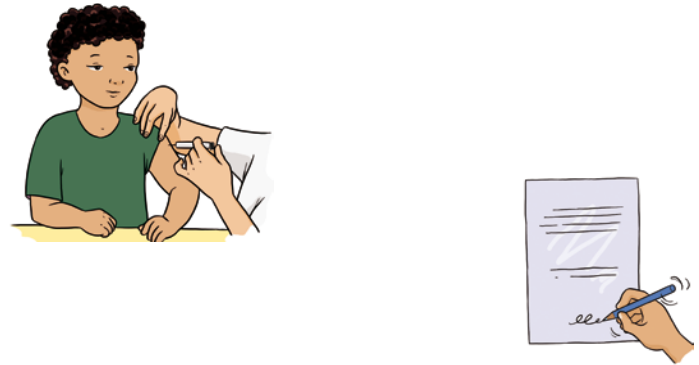
1. Appearance: Around 10 days after your child has caught the disease, he/she will have lengthy, severe coughing fits and wheezing.
Complications: This can lead to pneumonia, e.g.

2. Risk of infection: Whooping cough is virulent (very infectious). It is transmitted by droplets or secretion when speaking, coughing or sneezing.
It is infectious from the very first signs of a cold for about five weeks.



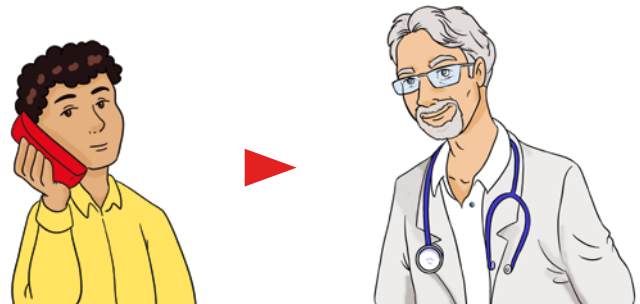
3. Protection: You can protect yourself and others by having the injection.

4. This disease is notifiable. Your doctor will take care of this for you.



5. Measures:

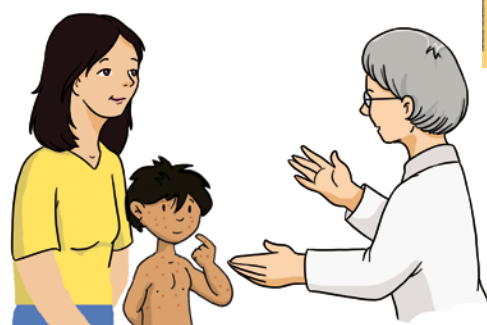
First phone your paediatrician.



Take your child's vaccination record with you.



Follow the doctor's instructions.



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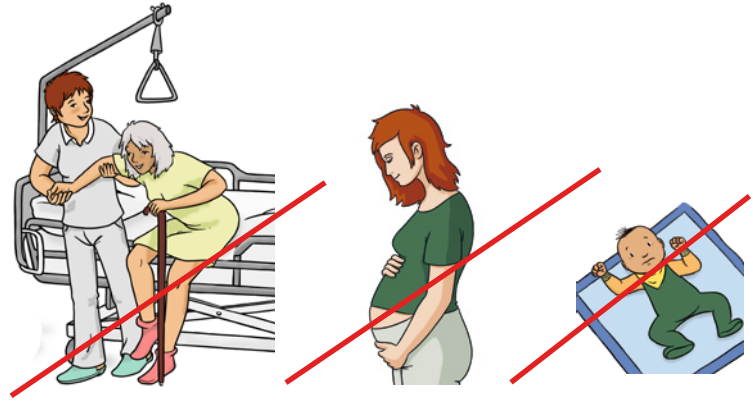
WHOOPING COUGH KEUCHHUSTEN

6. These recommendations may be:

- Make sure you avoid personal contact with people who have not had the injection, who are unprotected or have a weak immune system.
- Make sure you avoid contact with pregnant women.
- Make sure you avoid personal contact with little babies.
- Ordered to rest
- Give your child plenty to drink.
- Inhale.
- Sometimes antibiotics are prescribed.

- Please inform the nursery/daycare centre/crèche or school about your child's illness. Say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.

- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.



SCARLET FEVER and streptococcal pharyngitis and tonsillitis

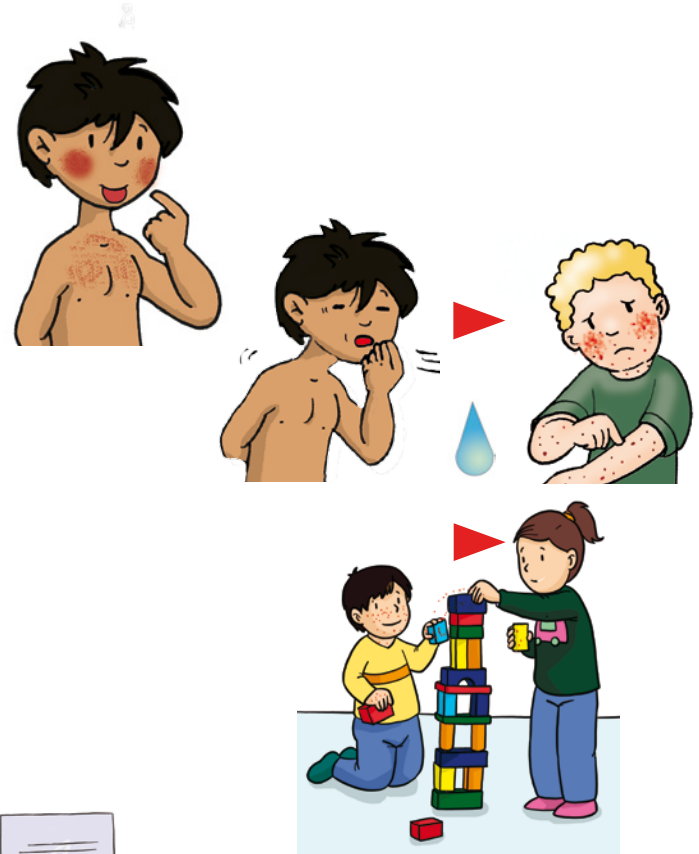
SCHARLACH und Streptokokken-Rachen- und Mandelentzündung

1. Appearance: 1-2 days after catching it, your child will develop a high temperature, a sore throat and headache; with classic scarlet fever, first with a white tongue and then with a raspberry red one. 2 days later, a non-itchy rash appears. Patients will feel poorly for a few weeks.

Complications: It can lead, for example, to inflammation of the inner ear, myocarditis or pneumonia, and (rarely) to inflammation of the joints.

2. Risk of infection: Scarlet fever is virulent (very infectious). It is transmitted by droplets or secretion when speaking, coughing or sneezing or via contaminated objects.

With antibiotics it is infectious for 1-2 days; without, for up to 3 weeks.

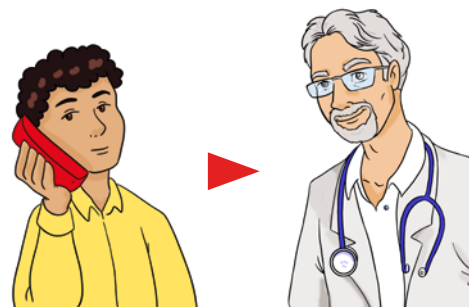


3. This disease is notifiable in some German federal states. Your doctor will take care of this for you.



4. Measures:

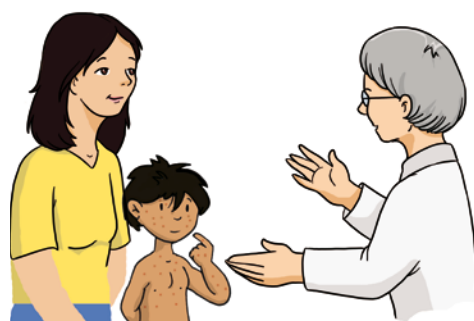
First phone your paediatrician.



Take your child's vaccination record with you.



Follow the doctor's instructions.



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SCARLET FEVER and

streptococcal pharyngitis and tonsillitis

SCHARLACH und Streptokokken-Rachen- und Mandelentzündung

5. These recommendations may be:

- Make sure you avoid personal contact with people with a weak immune system.



- Confined to bed/ordered to rest
- Give your child plenty to drink.
- Warm drinks, soup and mashed/puréed food when your child has a sore throat.
- Avoid close contact, and mouth contact such as kissing.
- Antibiotics are often prescribed.

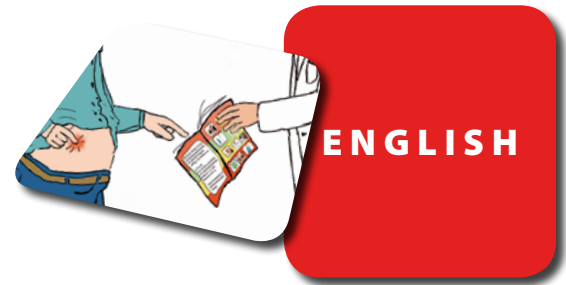


- Please inform the nursery/daycare centre/crèche or school about your child's illness. Please say which disease the child has if it is infectious or notifiable so the staff can protect the other children if need be.



- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.





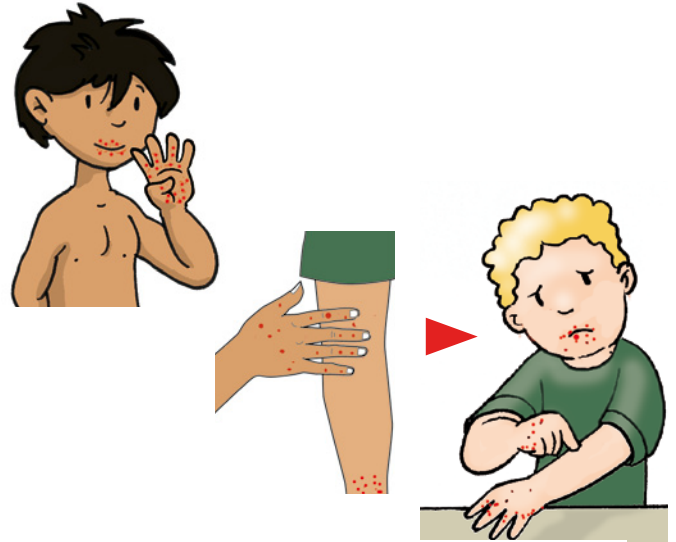
HAND-FOOT-AND-MOUTH DISEASE

HAND-FUSS-MUND-KRANKHEIT

1. Appearance: The symptoms are often mild. Sometimes your child may suffer from a high temperature and a sore throat, then red patches will appear and your child will have blisters in his/her mouth, on the palms of his/her hands and the soles of his/her feet for around 1 week.

Complications: On very rare occasions, this can lead to life-threatening meningitis or paralysis.

2. Risk of infection: The hand-foot-and-mouth disease is virulent (very infectious). It is transmitted with direct contact with the liquid from the blisters and the pathogens are also transmitted via objects. You can also catch it with sneezing and coughing. It is infectious until the blisters have disappeared.

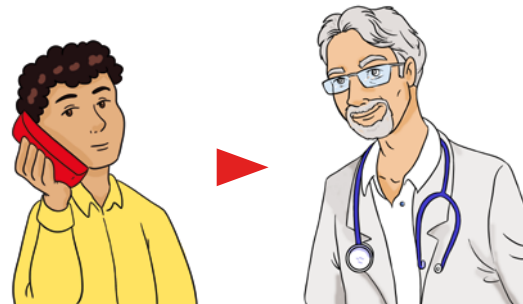


3. Protection: There is now an injection against it. It is not yet standard practice to have the injection.



4. Measures:

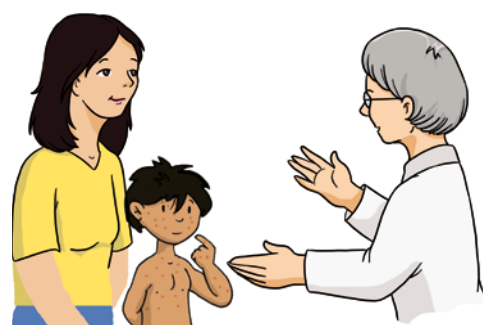
First phone your paediatrician.



Take your child's vaccination record with you.



Follow the doctor's instructions.



HAND-FOOT-AND-MOUTH DISEASE

HAND-FUSS-MUND-KRANKHEIT

5. These recommendations may be:

○ Make sure you avoid personal contact with people with a weak immune system.



○ Ordered to rest

○ Warm drinks, soup and mashed/puréed food when your child has the blisters in his/her mouth.

○ Mouth rinses with camomile or sage tea.

○ Regular washing of hands.

○ Clean any objects the child comes into contact with.

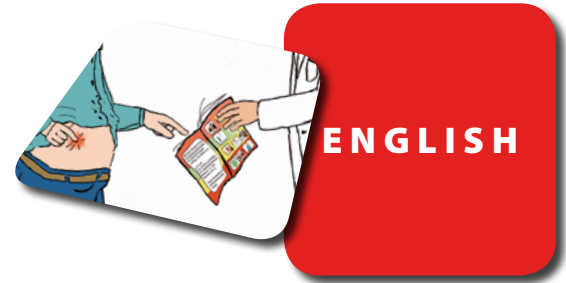


○ Please inform the nursery/daycare centre/crèche or school about your child's illness. Please say which disease the child has so the staff can protect the other children if need be.



○ The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.



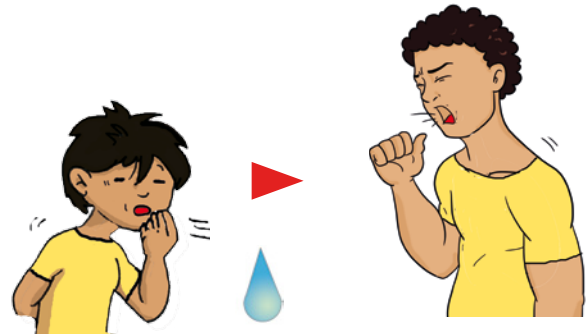


FEVER/HIGH TEMPERATURE ♦ FIEBER

1. Appearance: Measure your child's temperature in his/her bottom. In children, a temperature of more than 38.0°C * is said to be a fever. Fever can be caused by a number of things.

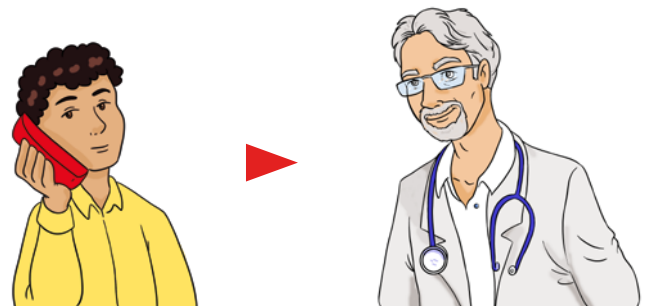


2. Risk of infection: Some causes are contagious. Ask your paediatrician/doctor.

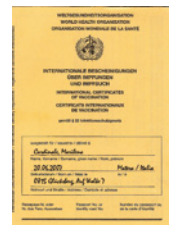


3. Measures:

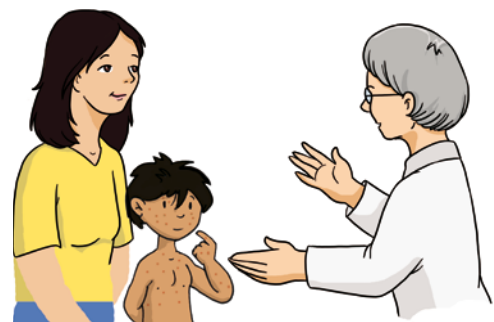
First phone your paediatrician.



Take your child's vaccination record with you.



Follow the doctor's instructions.

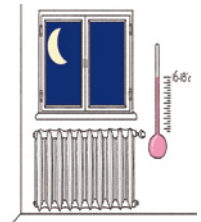
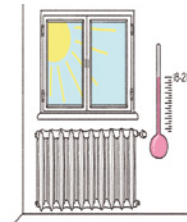
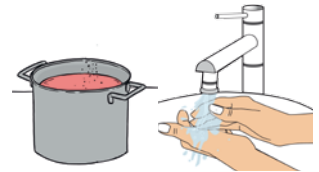


* nach Dt. Ärzteblatt 2013, 110 (45), 764-774

FEVER/HIGH TEMPERATURE ♦ FIEBER

4. These recommendations may be:

- Confined to bed
- Give your child plenty to drink.
- Warm drinks, soup and mashed/puréed food when your child has a sore throat.
- Mouth rinses with camomile or sage tea.
- Regular washing of hands.
- Regularly air the premises briefly.
- Don't overheat rooms.

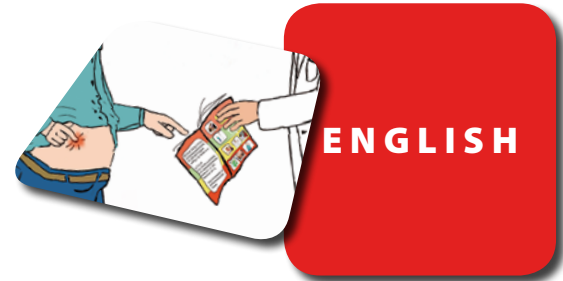


- Please inform the nursery/daycare centre/crèche or school about your child's illness. Please say which disease the child has so the staff can protect the other children if need be if the disease is infectious.



- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.





Gastroenteritis/diarrhoea

Magen-Darm-Infekt/Durchfall

1. Appearance: This can lead to diarrhoea, stomachache, nausea and sickness. Gastroenteritis or diarrhoea has a range of different causes.



2. Risk of infection: Diarrhoea is often contagious. Ask your paediatrician/doctor. The pathogens are often transmitted from person to person in food, contact to dirty objects or contact with animals.

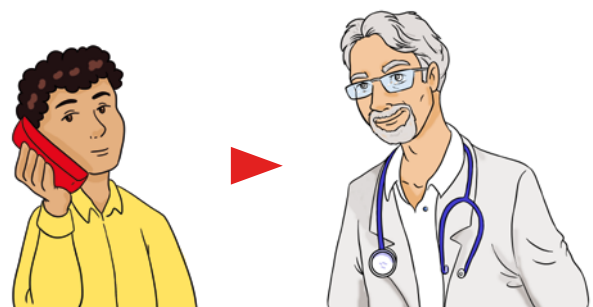


3. These diseases are sometimes notifiable. Your doctor will take care of this for you.

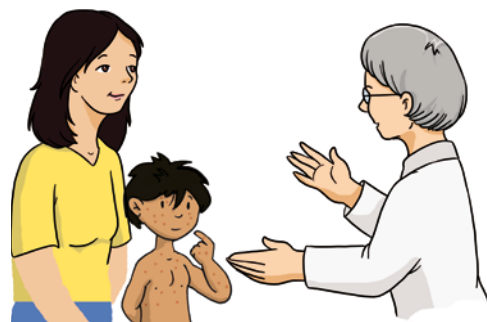


4. Measures:

First phone your paediatrician.



Follow the doctor's instructions.

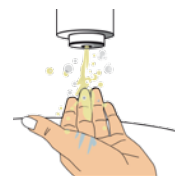
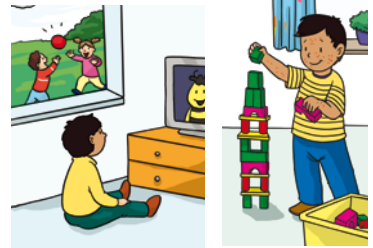
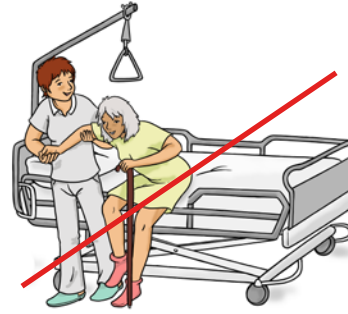


Gastroenteritis/diarrhoea

Magen-Darm-Infekt/Durchfall

5. These recommendations may be:

- Make sure you avoid personal contact with people with a weak immune system.
- Ordered to rest
- Give your child plenty to drink. Light black tea or camomile tea. Still water with dextrose.
- Rusks, bananas, light fare
- You can soothe stomachache with a warm hot-water bottle.
- Thorough hand hygiene, washing and disinfection.
- Use separate toilets.



- Please inform the nursery/daycare centre/crèche or school about your child's illness. Please say which disease the child has if it is infectious or notifiable so the staff can protect the other children.



- The child must not go back to nursery or school until the symptoms have subsided. Ask your paediatrician.



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