

Covid-19 NEWSLETTER FOR PARENTS DAY CARE

17 October 2022



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1. On to autumn!

In summer, corona seemed to be gone for a while; corona measures were lifted and life seemed to go back to normal. Unfortunately, now that autumn is approaching, we are seeing an increase in the number of infections. Fortunately, children generally do not get very sick from the corona virus. Nevertheless, it is important that they still follow basic rules to prevent further spread of the virus.

2. These basic rules still apply

The advice below will help prevent infection of your children, yourself and others as much as possible. And, in this way, people's health concerns are taken into account.

Basic anti-corona advice:

 Was vaak je handen.	 Hoest en nies in je elleboog.	 Klachten? Blijf thuis en doe een test.	 Zorg voor voldoende frisse lucht.	 Haal een vaccin, booster- of herhaalprik.
Wash your hands often	Cough and sneeze in your elbow	Symptoms? Stay at home and do a test	Provide plenty of fresh air	Get a vaccination and booster jab

Read the [coronavirus measures in brief in English](#) on Government.nl.

3. What to do with symptoms that may indicate corona?

Children up to 4 years of age with mild symptoms (colds) may simply attend day care, because other viruses often cause colds in children.

This does not apply:

- If they have a housemate or close contact with corona or
- If there are more severe symptoms.

Then the advice is to do a self-test, and if positive, to stay home.

[Download the current decision tree children to day care/school? \(boink.info\)](#) (in Dutch)

(Click on the link to open it) Choose the version dated 07-07-2022

Here you will find a flowchart to check whether your child can attend day care.

Self-test

- With a negative test result, the child or staff member may attend day care.
- Is the self-test result positive? Then they will stay home.

The employee/parents of the child inform the people with whom there has been contact. See how to do that [here](#). (Click to open)

Does your child have symptoms consistent with coronavirus, would you like to test and find it difficult or stressful to take a test yourself? Then your child can also come to the GGD for testing. You can make [an appointment online](#) (Coronatest.nl) or by calling 0800 1202.

Does your child have severe symptoms consistent with corona virus or has been in close contact with someone with corona and you are not taking a (self-) test?

If so, keep your child at home. Your child may return to day care if they are completely symptom-free for 24 hours

4. Isolation

The advice for a positive self-test is isolation.

During isolation, the child remains in its own room as much as possible.

However, sometimes it is difficult for children to follow the same isolation rules as adults. Therefore, a child does not have to stay in his or her own room if that is not possible. See also:

[Regels gezinnen met kinderen na positieve corona \(zelf\)test | Coronavirus COVID-19 | Rijksoverheid.nl](#)

(In Dutch)

5. More information

- [Informatiebrief positief getest persoon - Engels | LCI richtlijnen \(rivm.nl\)](#) (positive testing)
- [Dutch advice to prevent Covid-19 | Coronavirus Covid-19 | Government.nl](#)
- [Families with children after positive coronavirus self-test | Coronavirus Covid-19 | Government.nl](#)

In Dutch

- [Corona zelftest afnemen bij kind | Coronavirus COVID-19 | Rijksoverheid.nl](#) Selftesting your child
- [Je kind laten testen op corona | Coronavirus | NJi](#) Having your child tested for corona

6. Questions about Covid-19?

Callcenter corona GGD Kennemerland 023-789 1631

Monday to Friday from 8.30 a.m. to 8 p.m.

Saturday and Sunday from 10 a.m.-5 p.m.

Kind regards,

Department of Infectious Disease Control
GGD Kennemerland Public Health Service

