

Common Infections in School-Age Children

This guideline applies to all school levels in the Ostrobothnia welfare area. It is available in Finnish, Swedish and English.

Illness	Symptoms	Absence from school
Common cold	Cough, runny nose, sore throat, fever	Absent until one fever-free day has been achieved without the use of fever-reducing medication. The child may return to school when they are well enough to participate in normal classroom activities
Gastroenteritis (e.g. norovirus)	Vomiting, diarrhoea, nausea, stomach pain	Absent for at least 48 hours after the last episode of vomiting or diarrhoea. The child may return to school when they are well enough to participate in normal classroom activities
Group A streptococcus	Feverish throat infection, scarlet fever, impetigo, perianal dermatitis, erysipelas	Absent for at least 24 hours after starting antibiotic treatment. In the case of impetigo, absent for at least 48 hours after starting local treatment. The child may return to school when they are well enough to participate in normal classroom activities
Influenza	High fever, muscle ache, headache, dry cough, congestion, etc.	Absent until one fever-free day has been achieved without medication. The child may return to school when they are well enough to participate in normal classroom activities.
Covid-19	Headache, smell/taste loss, cough, fever, fatigue, etc.	Absent until one fever-free day has been achieved without medication. The child may return to school when they are well enough to participate in normal classroom activities
Chickenpox	Itchy blistering rash, fever, headache etc.	Absent for approximately 5 days from the appearance of blisters. Return to school when the blisters have crusted over and they are well enough to participate in normal classroom activities
Hand, foot and mouth disease	Fever, blisters in mouth, on hands and feet	The child may return to school when they are well enough to participate in normal classroom activities. Return to school thereafter.
Scabies	Itching, burrows in skin, rash, scratch marks	Absent for at least 24 hours after the first treatment. The child may return to school when they are well enough to participate in normal classroom activities.
Pinworms	Anal itching, especially at night	May attend school immediately after treatment has started, if they are well enough to participate in normal classroom activities. Inform the school.
Head lice	Itchy scalp, visible nits in hair	May attend school immediately after treatment has started. Inform the school.



Eye infection	Redness, watering, and discharge from the eyes. Inflammation can be caused by a virus, bacteria, allergies, or, for example, debris in the eye	May attend school after treatment has started and once the inflammation has subsided.
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Everyday Hygiene

Wash hands:

- After using the toilet
- Before eating
- After coughing/sneezing
- After outdoor play

How to wash properly:

- Use soap and water
- Scrub for at least 20 seconds (sing "Happy Birthday" twice)

Other good habits:

- Cough or sneeze into your elbow
- Throw away used tissues
- Stay home when sick

When to Keep Your Child Home

- Keep your child at home if they:
 - Have a fever (100.4°F / 38°C or higher)
 - Have vomiting or diarrhea
 - Are too sick to participate in normal activities
 - Have a contagious infection and haven't started treatment



Contact us

The medical helpline for the Wellbeing Services County of Ostrobothnia: 06 218 9000

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This instruction is suited for patients and clients.