



## Early childhood and pre-school education in the city of Kajaani from 30.11.2020

**The coronavirus pandemic has entered an acceleration phase in the Kainuu region.**

**If a guardian notices that a child has symptoms of infection, a child should not come to school or to early childhood education.** A child should be taken for a test if, in the opinion of a guardian or a healthcare professional, he/she might have symptoms of coronavirus infection.

It is of utmost importance to take a child possessing even mild symptoms to a coronavirus test without delay if he/she or one of the family members has been exposed to a confirmed case of coronavirus or has traveled abroad in the previous 14 days.

- Mild symptoms of a preschool-aged child can be monitored at home for a couple of days without testing. A child's symptoms are classified as mild if the child is energetic and is able to play, even if he or she has a runny nose, cough, and high temperature. However, the child having symptoms cannot go to early childhood education. If the symptoms completely disappear during the monitoring period, there is no need to be tested for Covid, but the child can return to early childhood education after at least one day without any symptoms. If the symptoms persist, it would be good to find out if they are due to a coronavirus infection.
- If a child has allergic sniffles, some sneezing, or if his/her nose begins to run when going outdoors but the symptoms stop indoors, the child can go to school or early childhood education - as long as his/hers general condition is normal and there are no symptoms of infection.

If the test turns out to be negative, the child may return to school or early childhood education during the recovery period, even if the symptoms have not completely subsided.

If the test is taken but the receiving of the result is delayed, a child can return to school or early childhood education after one asymptomatic day if the child is not known to have been exposed to a confirmed case of coronavirus and no one in the family has travelled abroad in the previous 14 days.

If children and adults in the same family fall ill at the same time and the test result of an adult turns to be negative, the children do not need to be tested. If only the children have symptoms, it is enough to test one child. However, symptomatic adolescents and adults should always be tested, even if the child's test result turns to be negative.

If a child's respiratory symptoms are prolonged, he/she does not need to be tested repeatedly as long as the symptoms remains the same.

If a child falls ill during the early childhood / pre-school day, the symptomatic child is immediately moved to a separate room to wait for the arrival of his/her guardian. The child will be under adult supervision. If a family member of a child attending daycare falls ill, a family member should be tested for coronavirus ASAP. One can assess the need for testing by calling his/her own health care center or



the number 116 117. People with symptoms should contact their local polyclinic and apply for a coronavirus test, if necessary, according to the instructions received.

**Exposure to coronavirus infection in the daycare center or elsewhere.** Kainuu Central Hospital's team of infection monitoring will contact every coronavirus infected resident of Kainuu region without delay. Infection tracking and monitoring is carried out by both the Central Hospital and the health centers. People exposed to the infection will be contacted and quarantined. While waiting for the contact, **no quarantine measures will be taken in the kindergarten, home or classroom** and the activity continues in the regular manner until the contact.

If the symptoms result from an allergy and are clearly relieved after starting an allergy medication, a child can return to early childhood education or pre-school education even if the symptoms have not completely subsided. If the symptoms do not disappear despite medication, a test should be taken. If the test result is negative, he/she can return to early childhood education or pre-school education.

**The child has been tested for coronavirus or has been assigned a test. How should family members with no symptoms act before the test result arrives?**

- If the rest of the family does not have symptoms, normal life may be continued until the result arrives. People with symptoms should remain at home until the test result is ready.
- If the child's test result is positive, the rest of the family is placed in official quarantine under the Communicable Diseases Act, as decided by the communicable disease authorities of the person's home municipality.

**It is recommended to continue the coronavirus infection prevention procedures**

Preventive measures in the early childhood education include the following:

- A child should not come to early childhood education if there are symptoms of an illness.
- The guardians are asked to wear a mask when bringing a child into the daycare center, as well as when picking up a child. If the guardian does not have their own mask, the mask can be obtained from the kindergarten.
- It is recommended that a child in voluntary quarantine does not participate in early childhood / pre-school education.
- Strict hand hygiene practices shall still be in place. Good hand hygiene is ensured for each child, especially during different transitions and eating. Both children and adults wash their hands whenever they come to the daycare, and, before leaving home. Additionally, hands must always be washed when coming from outdoors, as well as after sneezing or coughing, or when the hands are visibly dirty. Dry your hands with disposable paper hand towels. When sneezing, hold a disposable handkerchief in front of the mouth and immediately throw it away after use.
- When sneezing or coughing, one should put a disposable handkerchief in front of the mouth and throw it in the trash immediately after use. If a handkerchief is not available, the mouth is covered with an elbow bend. The hands are then washed.



- If washing the hands is not possible, a hand sanitizer is used. Hand disinfectant should be readily available. The use of hand sanitizer by children is under adult supervision.
- Enhanced cleaning and sanitation practices should be in place in each used space.
- Special attention should be paid to the washing and hygiene of the toys.
- The presence of other people than children or early childhood and pre-school staff in the early childhood education area should be avoided. Each unit should specify practices appropriate to its own situation and instruct families to follow them. Exceptions include the children and families who are getting to know the unit. The possibility for the child and the family to get acquainted with the activities of early childhood / pre-school education is arranged considering sufficient distance and hygiene. One should get acquainted with early childhood / pre-school education if he/she has no symptoms.

**The groups try to operate in their own locations, depending on the situation.** Excursions to nearby areas are organized with own group.

**Eating situations:** An adult distributes food to children.

**Improving cleaning efficiency:** Special attention is paid to cleaning and, for example, it is recommended to avoid using shared tools such as keyboards, tablet computers or craft supplies (scissors etc.), or, they should be always cleaned between users. Doorknobs, armrests, and light switches are to be wiped frequently. Toys should be washed more often.

**The Christmas celebrations** will not be organized this year.

### Parental evenings and other meetings

Currently it is not possible to organize parental meetings or other gatherings. The Regional State Administrative Agency of Northern Finland prohibits all public events and general meetings held indoors or outdoors in the municipalities of the area of its jurisdiction according to section 58 paragraph 1 of the Infectious Diseases Act.

However, public events and general meetings with an attendance of no more than 10 people may be held indoors and clearly bordered outdoor spaces, provided that safety is ensured (e.g. safety clearances, participant is completely healthy).

### Swimming school

Swimming classes can be attended in pre-school period normally as before. Public transport can be used to move between the daycare and the swimming pool. Finnish Institute for Health and Welfare (THL) instructs on the use of masks in public transport. We should follow the guidelines.

### Discussions on Curriculum for early childhood education and Preschool education plan

Discussions concerning the Curriculum for early childhood education "Vasu" and the Child's preschool education plan "LEOPS" will be held during the autumn. If necessary, it is a good idea to consider alternative ways of working using remote communication channels. During the exceptional



circumstances of the spring period, the child's "Vasu" and "LEOPS" conversations were successfully held remotely, either through various applications, or by phone.

### **Trainees in the early childhood and pre-school education**

Early childhood education and pre-school facilities often have students doing internships that are part of their studies. Internships can be carried out if it is possible in the job place. The training provider and the employer assess whether the work environment is safe for the student.

**Own toys:** A child can bring a **toy** important to him/her to the kindergarten, and, take the toy home at the end of the day.

**Despite stricter hygiene practices, we pay attention that the child gets the warmth of closeness, safety and interaction from the adult he/she needs in the same way as before.**

**Early childhood education customer fees** are charged as required by the Customer Fees Act. The Board of Education has not made a decision on more extensive payment reimbursements.

**We will update and refine these instructions on the basis of necessity.**

Instructions and measures of the Social and Healthcare officials of the Kainuu region during the acceleration of the corona epidemic:

<https://sote.kainuu.fi/uutiset/ohjeet-ja-toimenpiteet-koronaepidemiaan-kiihtymisvaiheessa>