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THE FUTURE  
TOGETHER**



## **Feeling ill at nursery or school?**

Regulations on nursery and school  
attendance in the case of infectious diseases  
status: May 2025

## **“When can my child return to nursery/school? They are not ill any more.”**

Dear parents,

It is often difficult to decide when a child may return to nursery or school after a disease. However, there are guidelines about this.

In general, children must not go to nursery or school if they have a contagious disease. In addition, you as parents have to tell the nursery or school what disease your child has.

This information brochure includes a table with the provisions of the Infection Protection Act (s. 34). The nursery or school informed you about these regulations when your child was admitted and you signed the document “Instructions for guardians”.

Germs are easily spread through close contact in nurseries and schools. The aim of the Infection Protection Act is to reduce the risk of infection for other children, family members, carers and teachers.

The diseases listed can be particularly serious and lead to complications and permanent damage or be spread particularly easily. By adhering to the guidelines, it is possible to contain or completely prevent the spread of diseases.

Please refer to the table to see when your child may return to nursery or school after a disease.

**If you have any questions, we will be happy to help.**

**In order to give infectious diseases as little ‘room for manoeuvre’ as possible, it is important that all those involved work together.**

For further information on the individual diseases



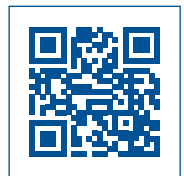
[infektionsschutz.de](https://www.infektionsschutz.de)



[bioeg.de](https://www.bioeg.de)



[impfen-info.de](https://www.impfen-info.de)



[hygiene-tipps-fuer-kids.de](https://www.hygiene-tipps-fuer-kids.de)

Disease	Incubation time	Re-admission of the ill person	Special measures
Severe conjunctivitis caused by adenoviruses	5 – 12 days	14 days after the start of the disease; only for adenoviruses!!	Frequent hand-washing; Avoid touching the eyes; Laundry $\geq 60^{\circ}\text{C}$
Impetigo	1 – 3 days	24 hours after starting treatment with antibiotics, otherwise after recovery	Frequent hand-washing; Laundry $\geq 60^{\circ}\text{C}$
Colds with fever ( $\geq 38^{\circ}\text{C}$ ) (also influenza, RSV, SARS-CoV-2)	1 – 12 days (depending on the pathogen)	At least 24 hours without fever, considerable improvement in the general condition	Frequent hand-washing; Frequent ventilation; cough etiquette
Hand, foot and mouth disease	3 – 10 days	After all the blisters have crusted over	Frequent hand-washing
Herpes	2 – 12 days	No exclusion	If possible, do not touch the lesions
Whooping cough (pertussis)	Usually 9 – 10 days (Range 6 – 20 days)	5 days after starting treatment with antibiotics or 21 days after the start of coughing if antibiotics are not taken	Vaccination!
Head-lice	No incubation time	Possible after the 1st treatment	2nd treatment after 8 days, comb out with a nit comb
Scabies	Symptoms after 2 – 5 weeks, in case of reinfection after 1 – 4 days	8 hours after the 1st treatment with ointment or 24 hours after taking tablets	Simultaneous treatment of all family members; in case of scabies crustosa, advice from the health authority
Gastrointestinal diseases (also noroviruses/rotaviruses, salmonella)	1 – 3 days; Longer, if necessary	48 hours after vomiting and no diarrhoea in children under 6 years old	Vaccination (rotaviruses); Food hygiene; Frequent hand-washing; Laundry/dishes $\geq 60^{\circ}\text{C}$
Measles	7 – 21 days	On the 5th day after the start of the rash	Vaccination! Contact persons are informed by the health authority
Meningococcal diseases	3 – 4 days (Range 2 – 10 days)	24 hours days after starting treatment with antibiotics	Vaccination! Contact persons are informed by the health authority
Mumps	16 – 18 days (Range 12 – 25 days)	5 days after the start of symptoms	Vaccination! Contact persons are informed by the health authority
Glandular fever	1 – 6 weeks	No exclusion in principle; Attendance depends on general well-being	Single infection provides lifetime protection
Ringworm	1 – 2 weeks	When the rash occurs	Single infection provides lifetime protection
Rubella	14 – 17 days (Range 14 – 21 days)	After recovery and at least 8 days after the start	Vaccination! Contact persons are informed by the health authority
Scarlet fever or other streptococci	1 – 3 days	24 hours after starting treatment with antibiotics and improvement of the symptoms, otherwise 24 hours after recovery	Frequent hand-washing; Dishes $\geq 60^{\circ}\text{C}$
Chickenpox	14 – 16 days (Range 8 – 28 days)	After all the blisters have crusted over	Vaccination! Contact persons are informed by the health authority
Echinococcosis		No exclusion	Frequent hand-washing; Cut finger nails short; Laundry $\geq 60^{\circ}\text{C}$

In principle, the following applies: acutely ill children (fever  $\geq 38^{\circ}\text{C}$ , fatigue) should not go to nursery/daycare or school

## You can find more information here:

### Federal Centre for Health Education

[www.infektionsschutz.de](http://www.infektionsschutz.de)

[www.bioeg.de](http://www.bioeg.de)

[www.impfen-info.de](http://www.impfen-info.de)

### University Medical Centre Bonn Institute for Hygiene and Public Health

[www.hygiene-tipps-fuer-kids.de](http://www.hygiene-tipps-fuer-kids.de)

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