



Dear parents,

The duty of school health care is to promote the health and well-being of pupils. We try to identify any factors threatening pupils' well-being as early on as possible. When necessary, pupils with special support needs are referred for additional help.

School health care works in cooperation with guardians and other cooperation networks involved in the child's life, if necessary. Pupils' illnesses are primarily treated at health stations.

Each school has an appointed public health nurse and school doctor. You can contact the public health nurse by calling or via electronic services (asiointi.hel.fi). The public health nurse meets each student during the annual health check-up. Pupils or families may also make appointments with the public health nurse on their own initiative.

Appointments with the school doctor require a referral from the public health nurse. Doctor's examinations are primarily organised in the first, fifth and eighth grades. Some examinations may not be organised due to a shortage of doctors. We encourage guardians to contact the public health nurse if they are concerned about the health of their child. The nurse will refer the child to the school doctor, if necessary.

Accidents and illnesses

Minor accidents that happen during the school day will be treated at the school in cooperation with school personnel. In the event of more serious accidents, the pupil will be sent to a City health station. The guardians will be immediately notified of any accidents, and they are responsible for escorting the child to any necessary treatment.

If a pupil falls ill during the school day, the guardians will be notified.

Dental care

The pupils of comprehensive schools of Helsinki receive dental care at the dental clinic closest to their school or as a mobile service in cooperation with school health care.

First graders are invited to health check-ups during the autumn term.

An individual care plan is drafted for each pupil. The pupil participates in drafting the plan by determining the care goals with a medical professional.

The care plan determines the level of basic care and the frequency of check-ups or determines the need for special care, such as orthodontic treatment.

School health care and the related dental care are free of charge to the pupil.