

STAYING HEALTHY

AT
GWABEGAR PUBLIC SCHOOL



Preventing Infectious Diseases

at

Gwabegar Public School

Infections are common in children and often lead to illness. At home, children are reasonably well protected from infectious diseases because they do not come into contact with as many people as children who attend school.

STAYING HEALTHY GUIDELINES

At Cringila Public School we have adopted The Australian Children's Education & Care Quality Authority (ACECQA) STAYING HEALTHY GUIDELINES. By following these guidelines we are maintaining high standards of hygiene minimizing the spread of infectious diseases and promoting good health.

It is not possible to prevent all infections in education. However, by using simple strategies parents together with staff can prevent many infectious diseases and control their spread.

EFFECTIVE HAND HYGIENE

Hand hygiene is one very effective way to control the spread of infection. At school, students are to wash their hands thoroughly with soap and water and dry them with paper towels. This removes both dirt and germs from hands as well as reducing the number of germs on the hands.

DON'T FORGET TO WASH YOUR HANDS WITH SOAP AND WATER AND DRY THEM.

COUGH AND SNEEZE ETIQUETTE

Many germs can be spread through the air by droplets. By covering your mouth and nose when you cough or sneeze, you reduce how far the droplets can travel and stop them from contaminating other surfaces. In the past, people were encouraged to cover their coughs and sneezes with their hands, But if you do not clean your hands immediately, germs stay on your hands and can be transferred to other surfaces.

The correct way to prevent the spread of germs that are carried in droplets is by coughing or sneezing into your inner elbow, or by using a tissue to cover your mouth and nose. Put all tissues in the rubbish bin straight away, and clean your hands with either soap and water or an alcohol-based rub.

REMEMBER TO COVER YOUR COUGH AND SNEEZE TO STOP THE SPREAD OF GERMS.

EXCLUSION OF ILL CHILDREN, EDUCATORS AND OTHER STAFF

The aim of exclusions is to reduce the spread of infectious disease. The less contact there is between people who have an infectious disease and people who are at risk of catching the disease, the less chance the disease has of spreading. Excluding ill children, educators and other staff is an effective way to limit the spread of infection in education.

BY EXCLUDING ONE ILL PERSON, YOU CAN PROTECT MANY OTHER PEOPLE FROM BECOMING ILL

The need for exclusion and the length of time a person is excluded depend on:

- How easily the infection can spread
- How long the person is likely to be infectious
- How severe the disease can be

Please refer to the following chart.

PARENTS AND STAFF CAN WORK TOGETHER TO MAKE CRINGILA PUBLIC SCHOOL A HEALTHY ENVIRONMENT.

TOO SICK FOR SCHOOL?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

CONDITION	TIME FROM EXPOSURE TO ILLNESS	EXCLUSION OF CASES
Chickenpox	2-3 Weeks	Exclude until all blisters have dried. This is usually at least 5 days after the rash appears in unimmunised children, but may be less in previously immunised children.
Conjunctivitis	1-3 days	Exclude until discharge from eyes has ceased.
Diarrhoea and/or Vomiting	Depends on the cause	Exclude until there has not been a loose bowel motion or any vomiting for at least 24 hours. <i>(therefore if your child has been sent home do not return them the following day unless they have a doctor's certificate)</i>
Fever	A temperature of 38 degrees or more	Exclude until their temperature returns to normal
Glandular Fever	4-6 weeks	Exclude until well
Hand, Foot and Mouth Disease	3-7 days	Exclude until all blisters have dried
Head Lice	Time from infestation to eggs hatching usually 5 – 7 days	Exclude until all live lice and eggs have been removed
Hepatitis A	2 – 6 weeks	Exclude until a medical certificate of recovery is received, but not before 7 days after the onset of jaundice or illness

Herpes (Cold Sores)	Varies	Young children unable to comply with good hygiene practices should be excluded while the lesion is weeping. Lesions to be covered by dressing where possible
Impetigo (School Sores)	1 – 3 days	Exclude until; appropriate treatment has commenced. Sores on exposed surfaces must be covered with a watertight dressing
Influenza and Influenza like Illnesses	1 – 3 days	Exclude until well (sneezing and coughing ceases)
Measles (including Rubella)	2 -3 weeks	Exclude for at least 4 days after onset of rash
Mumps	14 – 25 days	Exclude for 9 days or until swelling goes down (whichever is sooner)
Pertussis (Whooping Cough)	7 – 20 days	Exclude the child for 21 days after the onset of cough or until they have completed a 5 days course of antibiotic treatment
Ringworm	varies	Exclude until the day after appropriate treatment has commenced
Scabies	1 day – 6 weeks	Exclude until the day after appropriate treatment has commenced
Worms	Several Weeks	Exclude until there has not been a loose bowel motion for 24 hours

PARENTS NEED TO KEEP THE SCHOOL INFORMED OF ANY CHANGES TO PHONE NUMBERS, EMERGENCY CONTACT INFORMATION AND OF ANY NEW MEDICAL CONDITIONS OR CHANGES TO A CHILD'S MEDICAL CONDITION.