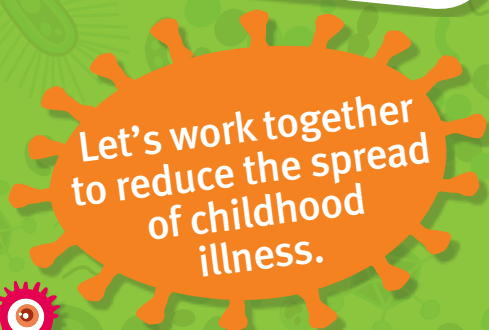


## How you can protect your child from infectious illness

Many childhood diseases can be prevented with vaccines. Make sure that your children are immunised according to the schedule.

Talk to your doctor or call the helpline at **13 HEALTH (13 43 25 84)**



## Useful links

### Queensland Health

[www.health.qld.gov.au/public-health/topics/immunisation/default.asp](http://www.health.qld.gov.au/public-health/topics/immunisation/default.asp)

### Immunise Australia

[www.immunise.health.gov.au](http://www.immunise.health.gov.au)

or call **1800 671 811**

## More information

Link to Staying Healthy – 5th edition:  
[www.nhmrc.gov.au/guidelines-publications/ch55](http://www.nhmrc.gov.au/guidelines-publications/ch55)

Australian Government website:  
[www.healthdirect.gov.au/childhood-illnesses](http://www.healthdirect.gov.au/childhood-illnesses)

Queensland Health website:  
<http://disease-control.health.qld.gov.au>



Use this QR Code to access an electronic copy of the Time Out poster.

Or visit: [www.health.qld.gov.au/publichealthact/contagious](http://www.health.qld.gov.au/publichealthact/contagious)

## For advice contact your local Public Health Unit:

[www.health.qld.gov.au/system-governance/contact-us/contact/public-health-units](http://www.health.qld.gov.au/system-governance/contact-us/contact/public-health-units)

# Time Out

Why do I need to keep my child at home?



Information for parents about infectious diseases and exclusion periods in Queensland early childhood education centres and schools



Queensland  
Government

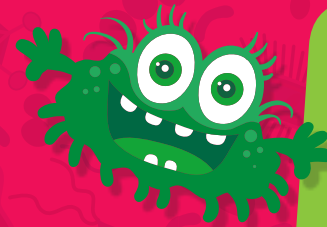
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# Time Out



## Keeping your child and other kids healthy!

The best way to prevent the spread of germs is to get your kids to wash their hands often, even when they feel well.

### Keep your child at home if they have any of the following:

- fever (temp over 37.5°C)
- stomach ache with vomiting
- stomach ache with diarrhoea (3 or more times in 24 hours)
- cough with fever
- body sores or rash with fever
- sore eyes with pus or thick mucus
- sore throat with fever
- no appetite, are tired, pale, cranky, or not feeling well.

Viral illnesses are often contagious **BEFORE** your child shows any symptoms of being sick.

### Working with your early childhood education centre or school

Your child care centre, kindergarten, preschool or school is required by law (*Public Health Act 2005*) to exclude children with certain infectious diseases until the child is well and/or has been cleared by a doctor to return to care/school.

**Exclusion** protects children from getting diseases from a sick child.

**Exclusion** rules will help your own child to stay healthy.



Take your child to the doctor if you are worried.



Keep surfaces and toys clean.

Gastroenteritis occurs often in young children. It is highly infectious and can be passed from person to person very easily.

### What to do if your child has gastro:

- Look after your child at home.
- Keep your child away from other children until the diarrhoea has stopped.
- Your baby or child is infectious so wash your hands well with soap and warm water, particularly before feeding and after nappy changes.

Your child cannot return to care for at least 24 hours or longer for some gastro illnesses.