



Somerville Preschool Incorporated

PO Box 84,

Somerville, VIC 3912

Telephone: 03 5977 6208

Email: ADMIN : somerville.kin@kindergarten.vic.gov.au

STAFF : somervillekindergarten@gmail.com

Website: www.somerville.kindergarten.vic.gov.au

Staying healthy at kinder

Children's services such as kindergartens have a responsibility under the Public Health and Wellbeing Regulations 2019 to help manage infectious diseases and common illnesses at their service.

At Somerville Kindergarten we aim to minimise the risk of illness to all of our children, staff and families. Illnesses can spread quickly in young children and this poses a risk to other children in the group, staff (and their families) and immune compromised members of our kinder community. **Our policies and practices help to limit the spread of disease to keep the children and staff healthy and we ask for your support and cooperation in reducing the risk to others.**

How bacteria and viruses enter the body

- Breathing in the exhaled droplets when an infected person coughs or sneezes
- Close contact with an infected person
- Indirectly by touching contaminated surfaces (such as taps, handles, toys, textas, etc)
- Cuts
- Contaminated food or water
- Close contact with an infected person
- Contact with the faeces of an infected person
- Breathing in the exhaled droplets when an infected person coughs or sneezes
- Indirectly, by touching contaminated surfaces – such as taps, toilet handles, toys and nappies.

What are we doing at kinder to help minimise the spread of illness:

- Intentionally teaching children about good hand hygiene and cough/sneeze procedure
- Supporting children to blow their nose, wash hands, when they sneeze and cough
- Intentionally teaching about germs and illness spreading in a child friendly way
- Embedding practices for good hand hygiene after using the toilet, before eating, after blowing nose/sneezing, etc
- Monitoring the health of children in the group and promptly contacting family to collect unwell children
- Providing notification to families about cases of infectious diseases

There are many things you can do at home to stop the spread of infection:

- perform good hand hygiene and continue to educate your child to do the same
- remember cough and sneeze etiquette and support your child to do the same
- clean surfaces regularly
- keep unwell children at home**
- Inform staff if your child will not be attending kinder and the reason why (this helps us to monitor the health of the group and inform the Department of any infectious disease outbreaks as per regulations)

****The 'Staying Healthy: Preventing infectious diseases in early childhood education and care services' document provides guidelines regarding exclusion periods for specific infectious diseases. In the instance of such cases, we will ensure that we provide specific advice to impacting families regarding exclusion periods.**

For general colds, viruses and infections we ask that you carefully consider your child's health and symptoms and the risk of illness spreading to others. The best place for unwell children to be is at home resting with family. If your child is displaying symptoms of illness such as runny nose, cough, sore throat, temperature, vomiting or diarrhea*, etc we ask that they remain at home until they are symptom free.

Please note:

- Any cases of vomiting / diarrhea require a minimal 48 hours after the last episode before returning to kinder.
- Children who test positive COVID will be required to stay home for 5 days after the positive test result and once symptoms have resolved

Working together will help to reduce the risk of illness spreading and keep our kinder community healthy.