

Dear Parents and Caregivers,

This is a reminder of how we can all help reduce the spread of germs in our school/daycare community to keep everyone healthy. Please keep children at home if they are unwell or are recovering from a recent contagious illness.

Children who have had illnesses including vomiting, diarrhoea, cold or flu, Covid-19, chest infections, chicken pox, whooping cough or other contagious conditions need to be kept at home until they no longer have symptoms.

We also have a child at our school/daycare who has cystic fibrosis (CF). CF is a genetic illness which is not contagious however, a build-up of mucus in the lungs and gut causes ongoing health issues. As a result, children with CF are more vulnerable to catching germs from others who are sick. Common colds and other viruses can have serious consequences for people with CF and may result in a hospital admission and cause permanent damage to their lungs.

To minimise the spread of germs and help keep everyone healthy, we ask that you:

- Keep your child home if they are unwell.
- Teach and encourage good hand hygiene practices, including effective hand washing and coughing/sneezing into elbow.

It is impossible to avoid all infections but by taking these precautions we can lower the risk of catching and spreading germs. We appreciate your support and cooperation. Please contact me if you have any questions.

Kind regards,

For more information about CF, please go to www.cfsmart.org.au or www.cfwa.org.au