



## Managing sickness in family

When someone is sick at your home and it is something like a cold or flu, or vomiting and diarrhoea it is really important to make sure you are washing your hands after helping them or cleaning up e.g. wiping nose, cleaning toilet. Cover your mouth with a hanky or tissue if you are coughing, and dispose of tissues in the bin – do not leave lying around.

Some diseases are passed on by another person, an insect, an animal or from the environment. The best way to prevent these sorts of diseases is vaccination, hand washing and good personal hygiene.

We have already talked about vaccinations but you can talk to your doctor if you are not sure if you are protected from all the diseases that you could be. Examples of diseases passed from person to person include measles and sexually transmissible infections. Not all diseases have a vaccination available – some need to be prevented in other ways.

To prevent food poisoning (sickness from eating food that has lots of germs in it) it is important to wash hands before handling foods, and wash kitchen utensils frequently. Keep cold food in the fridge and refrigerate leftovers. Separate raw and cooked foods and reheat thoroughly. It is important that when you are cutting raw meat separately to other foods like vegetables and use different chopping boards and knives for this or wash after cutting meat – especially chicken. Always keep milk in the fridge. Pack a frozen block in your child's lunch box to keep their food fresh – especially in summer time

Queensland is a sub-tropical to tropical state, which means diseases that are spread by mosquitoes are common, for example Dengue Fever. It is important to be aware of ways to reduce exposure to mosquitoes and make your home safe from mosquito breeding areas.

People come into contact with germs everyday and some germs can make you sick. People share germs by touching things that someone who is sick has touched. It's important to wash your hands regularly with soap and water, particularly before you prepare food, or eat and after you go to the toilet. This is one of the best ways of stopping germs from spreading.