



Q: Why do children in schools/daycare get more infections?

A: Young children have not yet developed natural resistance. Also, germs can spread easily in a group setting. Since many diseases are contagious before symptoms appear, it is difficult to prevent their spread.

Q: How do germs spread?

A: Many infections spread through contact with body fluids and secretions. Examples include:

- Sharing cups and toys (saliva)
- Coughing and sneezing (mucous droplets)
- Poor handwashing after using the bathroom (feces and urine)
- Touching discharges and sores (secretions)
- Blood entering a break in the skin (blood)
- Improper handling of soiled diapers (feces and urine)



Q: What are the signs of a communicable disease?

- A:** Symptoms can include:
- Fever
 - Vomiting/diarrhea
 - Unusual behaviour, irritability
 - Red or discharging eyes
 - Skin rashes or itching
 - Coughing - choking, croupy coughs

Note: If your child develops any of these signs of illness at daycare or at school, your child should be kept away from others. You will be called to pick up your child.

Keep ill children at home.	
If child has...	Stay home until...
Pink Eye Impetigo Strep Throat Scarlet Fever	24 hours after antibiotic treatment is started.
Chicken Pox	Feeling well enough to participate in all activities
Gastrointestinal illness (e.g. Norwalk-like virus)	24-48 hours after vomiting and diarrhea has stopped
Pertussis (whooping cough)	5 days after starting antibiotic treatment, or 3 weeks if not treated
Mumps	9 days after swelling appears

Q: What else can I do?

A: Teach your child good personal hygiene at an early age, including:

- 1. Proper handwashing**
 - After using the toilet
 - Before meals or snacks
 - After wiping nose
 - After playing outdoors
- 2. Not to share personal items** like combs, toothbrushes, or hats.
- 3. To cover their mouths** when coughing or sneezing.
- 4. Not to touch** other children's sores or blood.

If you suspect your child has a communicable disease, visit your family doctor, and notify your daycare/school of your child's illness.

Certain communicable diseases must be reported by doctors, schools and daycares to York Region Health Services for follow up.

For more information, Call **Health Connection** at 1-800-361-5653

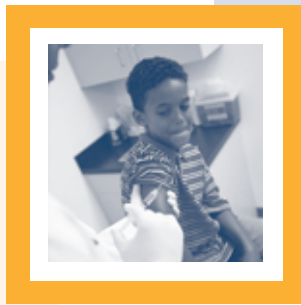


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A Parent's Guide to Immunization & Communicable Diseases



York Region Health Services
Your Partner in Preventing Disease



Immunization Your Child's Best Shot!

Immunization is a safe and effective way to prevent disease and illness.

How? When children are immunized their bodies make antibodies to fight diseases. If they are not protected and come in contact with one of the diseases, they may get very sick or even die. When all children have been immunized, outbreaks of disease are less likely to occur.

When? For immunization to work best, children should receive their shots according to the Recommended Immunization Schedule.

Are there any side effects?

Most people have no side effects from immunization. Occasionally, there may be mild pain, swelling and redness where the shot was given. Serious side effects are rare.

Always discuss the benefits and risks of any vaccine with your doctor.

For more information on vaccines and the diseases they prevent, speak to your physician or call **Health Connection** at 1-800-361-5653.

Recommended Immunization Schedule in Ontario

Vaccine	Age of Child								
	Months						Years		
	2	4	6	after 12	15	18	4-6	12	14-16
Diphtheria	✓	✓	✓			✓	✓		✓
Tetanus	✓	✓	✓			✓	✓		✓
Pertussis (Whooping cough)	✓	✓	✓			✓	✓		✓
Polio	✓	✓	✓			✓	✓		
Hib	✓	✓	✓			✓			
Pneumo conjugate	✓	✓	✓		✓				
Measles				✓		✓			
Mumps				✓		✓			
Rubella				✓		✓			
Men C conjugate				✓					
Varicella					✓				
Hepatitis B								✓*	

✓ Recommended time of immunization

*Hepatitis B immunization is based on a two-dose schedule for Grade 7 students.

Other Available Vaccines

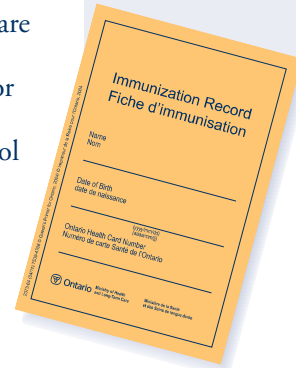
Influenza vaccine is available annually free of charge to all Ontario residents, 6 months of age and older.

Vaccines against hepatitis A, hepatitis B, chickenpox, meningococcal disease and pneumococcal disease may be provided to people free of charge under certain circumstances. Please call **Health Connection** at 1-800-361-5653 or ask your physician for further information.

The Yellow Immunization Record

Immunization records are needed when:

- starting day nursery or kindergarten
- transferring to a school in another area
- going to camp
- starting university, college or a job
- going for emergency health care
- travelling to other countries.



Each time your child receives a vaccine, here's what to do:

1. Ask your doctor to update your child's yellow immunization record.
2. Keep your child's immunization record safe - it's the proof they need to go to school.
3. Let us know your child has received another vaccine by calling us at 1-877-794-1880, so we can update our computer file.

Important!

To remain in school, your child must have an up-to-date immunization record on file with York Region Health Services. We are required by law to keep immunization information for every child. Don't forget to call York Region Health Services every time your child gets a needle.

