

## Top 5 tips: When your child's ELS is experiencing a gastroenteritis outbreak

Gastroenteritis illnesses are commonly referred to as tummy bugs or gastro. They cause vomiting and diarrhoea, as well as other symptoms.



### ✓ Stay home if your child is sick

- Ensure your child stays away from the centre until they have been symptom free for 48 hours.



### ✓ Look out for symptoms

- Common symptoms of a viral gastro infection are: nausea, stomach cramps, diarrhoea and vomiting.



### ✓ Notify the centre

- Notify the centre if your child has experienced diarrhoea (three or more loose stools within a 24 hour period) or vomiting with abdominal pain and/or nausea.



### ✓ Wash your hands thoroughly

- Practise good hand washing at home using the 20+20 rule for hand washing (wash your hands for 20 seconds and then dry your hands for 20 seconds).



### ✓ Stay hydrated!

- Encourage your child to drink plenty of fluids when symptomatic to prevent dehydration.