



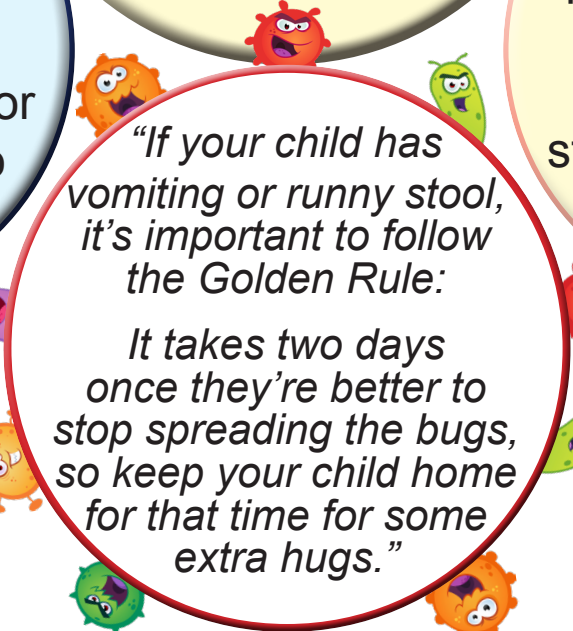
Parents! Does your child have a vomiting or diarrhoeal illness?

Use the HSE's "Golden Rule"

Children **MUST**
stay at home for
48 hours **after** their last
episode of vomiting
or diarrhoea

Wash your
hands often and
thoroughly,
especially after
changing a nappy or
bringing a child to
the toilet

The
"Golden Rule"
protects your child
and the other
children and the
staff in the childcare
facility



*"If your child has
vomiting or runny stool,
it's important to follow
the Golden Rule:*

*It takes two days
once they're better to
stop spreading the bugs,
so keep your child home
for that time for some
extra hugs."*

Why you need to follow the Golden Rule:

- Vomiting and diarrhoea are caused by many different types of bugs. All of them are unpleasant for children and their families, but some, like VTEC, are serious.
- VTEC bugs cause diarrhoea. They also cause kidney failure in 1 in 10 children who get VTEC.
- If your child gets VTEC the staff in the Department of Public Health may have to exclude them from all childcare facilities for longer than 48 hours.
- An outbreak of VTEC in a childcare facility may mean that The Department of Public Health will need to close it temporarily.