



Infectious diseases are just not Cúl!

Infectious diseases can be dangerous for children. They can cause serious illness and even death.

Infectious diseases spread easily during sports training and events because children:

- have close physical contact with each other
- share toilet and hand-washing facilities
- may share equipment
- may share water bottles
- may have injuries that cause breaks in the skin or bleeding



Do you know how to keep the children at your Cúl camp safe from infectious diseases?

Blood spills - protect yourself

- When caring for a child who is bleeding:
 - » wash your hands *and*
 - » wear gloves
- Afterwards carefully dispose of all used first aid equipment and your gloves.
- Wash your hands again.

Keep those infections away!



Wash your hands

- Hand-washing is one of the easiest ways to protect yourself and children from infections.
- Remind children to wash their hands
 - » before eating
 - » after playing
 - » after going to the toilet

Sharing is not always caring!

- Don't allow children to share water bottles, cups or utensils.
- Germs can spread easily between people who share bottles and utensils.

Clean toilets

- Regularly clean all toilets, including the
 - » flush handle
 - » taps *and*
 - » toilet doors
- Clean and disinfect surfaces immediately if anyone has an episode of vomiting or diarrhoea.

Hand-washing facilities

- Make sure that clean hand-washing facilities are available to all children and staff.
- Liquid soap and disposable hand towels should be available in all toilets.



Remember, if you're not OK, don't play!

Children with vomiting or diarrhoea must stay at home for 48 hours after their last episode of vomiting or diarrhoea

