

TIPS ON PROTECTING YOUR NEW BABY FROM INFECTIOUS DISEASES

- Ask people who are going to have regular contact with your baby to make sure that their vaccinations are up to date. Vaccinations against whooping cough may only provide protection for up to 10 years.
- Unless necessary, don't take your baby to indoor areas where there are a lot of people until they have had at least their first two vaccinations (at least 4 months of age).
- If you take your baby out, don't carry them with their face exposed. If this is not possible cover their pram with something light, like muslin cloth.
- Make sure that anyone who wants to hold your baby washes their hands first.
- Let visitors know that it is **not ok** to visit if they are sick.
- Teach your household members to 'cover their cough'. The best way to do this is to cough into your elbow.
- Make sure that siblings and other children wash their hands before touching your baby especially after coming home from childcare or school, playing outside, touching pets or going to the toilet.



**FOR FURTHER INFORMATION CONTACT YOUR NEAREST NORTH COAST PUBLIC HEALTH UNIT OFFICE
ON 1300 066 055 (BH)**

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