Monday, June 13th, 2016

Keep a watch on our school these holidays
With the holidays fast approaching, we need you to look out for after-hours crime in our school. If you see anything suspicious, please remember to call the School Watch number – 13 17 88.

As this is the final newsletter for the term, have a safe and happy holiday and we will see you back and ready to learn in Term 3. Classes resume on Monday July 11, see you then!

Have a most enjoyable final two weeks of Term 2.

Troy Sanson
Principal

From the Deputy Principal

Attendance
Unfortunately our attendance data has had a general decrease overall, however we are still above state average with an average of 94.2%. Illness is around at the moment so if students are ill, please keep them at home and notify the office or classroom teacher. Well done to our Prep students who increased in attendance over the past 2 weeks!!

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Attendance % Week 7</th>
<th>Attendance % Week 9</th>
<th>Increase/Decrease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>93.8%</td>
<td>94.0%</td>
<td>Increase</td>
</tr>
<tr>
<td>1</td>
<td>94.4%</td>
<td>94.3%</td>
<td>Decrease</td>
</tr>
<tr>
<td>2</td>
<td>95.2%</td>
<td>94.9%</td>
<td>Decrease</td>
</tr>
<tr>
<td>3</td>
<td>93.6%</td>
<td>93.5%</td>
<td>Decrease</td>
</tr>
<tr>
<td>4</td>
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<td>93.8%</td>
<td>Decrease</td>
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<td>5</td>
<td>94.6%</td>
<td>94.3%</td>
<td>Decrease</td>
</tr>
<tr>
<td>6</td>
<td>95.1%</td>
<td>94.7%</td>
<td>Decrease</td>
</tr>
</tbody>
</table>

Early arrival at school
Please be aware that arrival at school before 8.00am is not permitted. If a child arrives at school before 8.00am, they will be requested to sit outside the office. A teacher is on duty in the Senior Undercover Area from 8.15-8.30am but not before. If your child is riding or walking to school, please monitor what time they are leaving, as some students are arriving at school well before 8.00am.

Athletics Carnival
Congratulations to Miss L on a very successful 2 days of Athletics Carnivals. A lot of time and effort goes into organising these events and your dedication and commitment is very much appreciated Miss L.

Thank you!
I would like to take this opportunity to thank our whole Denison community, parents, staff and students, for making me feel so welcome and supported in the role of Acting Deputy Principal while Mrs Mobbs has been away. It has been a wonderful experience where I have learnt so much and had the opportunity to be involved in so many elements of the school life. I look forward to being back in the classroom with the wonderful 2B!

Nikita Vaughan
Acting Deputy Principal

Date Claimers

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>June 16</td>
<td>Year 3 Sleepover</td>
</tr>
<tr>
<td>June 17</td>
<td>6B Parade Item</td>
</tr>
<tr>
<td>June 23</td>
<td>Emerald District Athletics</td>
</tr>
<tr>
<td>June 24</td>
<td>Eisteddfod band on parade</td>
</tr>
<tr>
<td>June 24</td>
<td>End of Term 2</td>
</tr>
<tr>
<td>July 11</td>
<td>Start of Term 3</td>
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</tbody>
</table>

Communicable Condition Control
It is that time of the year when there tends to be a rise in the instances of communicable conditions like chicken pox, whooping cough and the like. If you suspect that your child has a communicable condition then please see your GP immediately.

Attached in this newsletter are some factsheets about communicable conditions and procedures for dealing with them.

Term 3 Staffing Arrangements
There are a few changes coming up in Term 3.

1. Year 3C will say goodbye to Mrs Gobbert, as her contract finishes. I would like to thank Mrs Gobbert for her efforts on 3C and wish her all the best as she moves to Emerald North State School. The new teacher to 3C is Mrs Nikita Maiden who is returning to full time work and will remain with the 3C class until the end of the year.

2. Mrs Jane McColl returns to Year 4C. We thank Mrs Raine and Mrs Joass for their work this term with the 4C class. Mrs Brooke Raine will be team teaching the Year 4B class with Mrs Lisa McHugh.

3. Mrs Mobbs returns from her role as Acting Principal of Capella State School. Please join me in welcoming Amanda back to the Denison SS family.

4. I would also like to thank Mrs Nikita Vaughan for the time she has acted as our Deputy Principal. Her great influence in the running of the school, and commitment to supporting staff and students has been exemplary.

5. Mrs Shona Shaw will begin her maternity leave next term. We wish Shona and her husband all the best for what is a very exciting time in one’s life. Mrs Vaughan will be teaching the Year 2B class for Semester 2.

Sanson’s Slate
Hello,
I have really enjoyed my first semester at Denison State School and I would like to share with you the things I believe make Denison State School a great school.

1. We are a strong Learning Community - teachers, parents and students work together to ensure learning happens every day.

2. Students remain focussed and attentive on learning because of our continual focus on positive behaviour as well as the calm and supportive classroom environments that are established.

3. We are genuinely proud of the efforts of all and dedicate time to demonstrate our appreciation.

Communicable Condition Control
It is that time of the year when there tends to be a rise in the instances of communicable conditions like chicken pox, whooping cough and the like. If you suspect that your child has a communicable condition then please see your GP immediately.

Attached in this newsletter are some factsheets about communicable conditions and procedures for dealing with them.

Every day counts – will your children be in school?
It's almost time for the school holidays to mark the end of Term 2. Parents and carers are reminded of the importance of children attending school every day. For more information visit the Every Day Counts webpage.

Applications close Thursday June 23.

It’s almost time for the school holidays to mark the end of Term 2. For more information visit the National Mathematics Summer School webpage.
Year 1
We hope all students had a wonderful time at the Sports carnival. It was great to see so many children having a go and being good sports! In preparation for next term please talk to your child about any supplies they may need for school. (This is especially important if your child does not keep their spare equipment at school). School Reports will be handed out at the end of week 11 and placed into portfolios, so please ensure portfolios are at school. As this is the last newsletter for the term we would all like to wish you a safe and happy holiday and look forward to seeing you all refreshed and ready for learning in term 3.

Regards, Miss Pauline Dunn and Mrs Barbara Wade

Year 2
It is hard to believe we’ve almost reached the end of Term 2 already!
As students have been busy finalising tasks to include in their portfolios it has become apparent that there are still some students who have not brought these back to school after taking them home at the end of Term One. If your child is one of these students, please ensure the portfolios are brought back to school ASAP so their new work can be added. Students’ English task this term has been to write a traditional story, with a moral, for a younger audience. To make this task as real-life as possible, students are going to read their finished products to the Prep students in Week 10/11. As such, they have been furiously making the finishing touches to their ‘published’ book and practicing their best reading voices. We are all really excited and can’t wait to share our hard work with the younger students.

Notes have been sent home regarding parent help for the Sunday Funday. The Year 4 stall this year is the ‘Toy Tombola’. If you could spare half an hour of your time on the day and/or donate (clean) toys to the stall, it would be greatly appreciated. Please return these notes ASAP so organisation can begin.

Regards, Mrs Diane Waine-Barclay, Mrs Lisa McHugh and Miss Nikita Maiden, Mrs Brooke Raine and Mrs Christine Joass

Year 3
CAMP IS THIS THURSDAY! The Year 3 sleep over is a wonderful opportunity for students to build independence and social skills in a familiar school setting.
Students need to be back at school showered and fed dinner by 6pm. It will be cool, so please ensure your child has warm pjs, a jumper and closed in footwear. There is often a pile of lost property at the end of camp, so please label your child’s belongings.

A big thank you to Mr G who will be cooking our BBQ lunch and the parents who are volunteering their time to sleep over or assist with catering. As teachers, we appreciate the extra hands to ensure camp runs smoothly and the students love having you around.
It will be a super fun night!
As the end of term nears, there is still plenty of teaching, learning and assessment to be completed. Lessons have been planned for right up till the very last day. Every day counts before the winter holidays.

Regards, Mr Joel Davis, Mrs Elyse de Weaver, Mrs Tracy Gobbert

Year 4
We can all breathe again as all major assessments are behind us. We will be busy consolidating our new and ‘old’ knowledge within the last two weeks. Please note that we still have two weeks of learning ahead and every student is expected to attend. Friday was Sports Day and it was great to see everybody involved. Happy days!

Regards, Miss Pauline Dunn and Mrs Barbara Wade

Prep
Welcome to week 10! 1 week to go until the end of our 2nd Term of Prep! Report cards and portfolios will be going home next week. The Prep children have put a lot of work into their portfolios so please take the time to sit with your child and look through them. It is cooling down so please send your child to school with a jumper. Also, can you please check at home and make sure your child has brought back their library books. Reminder notes will be going home this week. Thank you once again to all the parent helpers this term your support has been tremendous.

Regards, Mrs Katelyn Poole & Mrs Sam Patterson

Year 5
Congratulations to everyone on their fantastic effort at the sports days last week. It was brilliant to see the good sportsmanship and encouragement for your own and the other houses. A reminder that camp payments are due by Friday, week 1 of term 3. Can students please start to bring in cardboard boxes and recyclable materials of any kind as we will be looking at our next art unit in weeks 11, 1 and 2. In this unit students will create an imaginative machine.

Regards, Mrs Leigh Robinson, Miss Rachael Wedmaier and Mr Wade Thompson

Prep/1
Wow! We are nearly at the holidays. Firstly, thankyou to all the parents who joined us at the sports carnival. It was a great turn out and I’m sure you would agree a wonderful day had by all. All the students now have home readers. Please make sure that homework folders are returned every day with the book signed so that I know if it has been read. If the reading record hasn’t been signed or there is no folder your child will not receive a new book. Thank you for your cooperation with our homework policy.

Regards, Miss Amanda Potter

Year 6
We hope all students had a wonderful time at the Sports carnival. It was great to see so many children having a go and being good sports! In preparation for next term please talk to your child about any supplies they may need for school. (This is especially important if your child does not keep their spare equipment at school). School Reports will be handed out at the end of week 11 and placed into portfolios, so please ensure portfolios are at school. As this is the last newsletter for the term we would all like to wish you a safe and happy holiday and look forward to seeing you all refreshed and ready for learning in term 3.

Regards, Miss Simone Bourne & Mrs Lauren Laws
Performing arts news

Welcome to Week 9! All students have finished their Music assessments now and are onto impromptu role characters and creating different scenes in Drama. The students love this type of unit and it gives them the chance to get creative while leaving their shyness at the door. We focus on confidence, creativity and being a compassionate audience member. Eisteddfod nominations are in as well and there are 28 schools across the Central Highlands region that will be entering from the 6-8th of September in Emerald. 32 Denison Students will be doing solos and duets in piano, vocal, verse speaking and instrumental and there will be about 140 students in Denison Choirs and Bands competing as well. This is a great opportunity for Denison to shine in the community and show off our talent. I am looking forward to it! Lastly, the Band students competed last Monday at the Town Hall in the Fanfare competition. Well done on their Bronze award!

Parade items for this term:

<table>
<thead>
<tr>
<th>Date</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>17/06</td>
<td>6B</td>
</tr>
<tr>
<td>24/06</td>
<td>Instrumental Band</td>
</tr>
</tbody>
</table>

Yours in Dance and DSS talent,

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Library News

Queensland Week was the focus of library lessons for most classes last week. The students in Years 4 to 6 engaged in a Queensland Day Quiz which promoted visual, listening and reading comprehension. Our students in Prep to Year 3 got to view some great pictures of some Queensland icons and produced their very own Queensland Week bunting.

Last week was the last week of borrowing for Term Two. All books must be returned this week as we are closed for stocktaking next week.

Happy reading and happy holidays.

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Special Education News

Hello Everyone,

The National Disability Insurance Scheme (NDIS) will commence in Queensland from July 2016. This is a national scheme that aims to provide individualised support for people with a permanent or significant disability. In order to establish participant readiness, the Community Resource Unit (CRU) has established a website to be used as a resource to share key ideas, resources and information. A link to this information can be found via the website http://thegoodlife.cru.org.au.

Best wishes,

Tegan Ryan
A/HOSES

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Deno Readers

Gum Nut                  | Bella S, Ishika BM, Mitchell P
Possum                   | Mitchell P
Sunflower               | Phoebe S
Gem Fossicker            | Madeleine C
Red Claw                 | Ava S
Paperbark Tree           | Mikayla C
Bearded Dragon           | Finlay T

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SCHOOL BANKING PROGRAM

Congratulations to the following students who have earned Dollarmites tokens through the School Banking program and are now ready to redeem these tokens for a fantastic reward item and receive their Certificate.

**Bronze Certificate:** Taylah S, Audree B
**Silver Certificate:** Eddie L

If you haven't already, please complete your reward card coupon and return it, along with your 10 tokens, on the next School Banking day and the item will be ordered for you.

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“Markets Alive”

Supported by

**Saturday 18th June**
8 am – 12 pm

3CI Church Car Park
Hospital Road

**Stall bookings:** 0429 843 143

Raising funds for Emerald Hospital
Congratulations to all students who participated in this year’s Denison SS Athletics Carnival. The carnival was held over 1 1/2 action-packed days! They were great days of fun participation with many students achieving terrific results in the various track and field events. Of course, these days would not have run well if it weren’t for the terrific efforts of both staff and parents who assisted over the 2 days. I am very grateful for all your help throughout the carnival! I’d also like to take this opportunity to thank the following people who have made the job of preparing for the carnival that much easier:

MS TRISH NOY for spending an extra 10 hrs of her personal time on weekends assisting with the program planning and data entry. Thank you so very much!

MRS JILL BRYSON- for assisting with the preparation of all carnival event sheets and helping to run events at lunchtime.

Love your work Miss Jill!!!

MRS JULIE PHELAN and MRS PAULA LONG- for their magic computer skills and mathematical ability in tallying all the house points on both the track and field days. We love your awesome number work ladies!!!

The tuckshop ladies providing all the kids and with food and drink for all.

MR DALE – our groundsman whose efforts to get the track and field set up is a mammoth task and most appreciated.

PARENTS who came to watch and cheer and help out where needed. Thanks mums and dads!! We cannot do as good a job if we didn’t have the extra helpers who volunteer their time.

THE DENISON SS STAFF TEAM whose professionalism in running the events is respected and appreciated by everyone.

The EMERALD SHS work experience students helpers Kirra and Harrison.

THE STUDENTS of DSS- for your enthusiastic participation!

2016 CARNIVAL RESULTS!!

OVERALL HOUSE CHAMPION: RUBY
1st Ruby (2443pts) 2nd Topaz (2379 pts) 3rd Sapphire (2280 pts)

Ruby won by only 64 points! A great competition!

Best Cheering House: SAPPHIRE and TOPAZ
Best Decorated House: TOPAZ (again!)
Tug-o-War Champion: RUBY
Relays Champion: RUBY
Ball Games Champion: SAPPHIRE (again!)

2016 Age Champions

9yrs Girls: Champion - Jaclin Cotter
9yrs Boys: Champion - Riley Sauer
10yrs Girls: Champion - Gabi Williams
10yrs Boys: Champion - Noah Cody
11yrs Girls: Champion - Jade Morgan
11yrs Boys: Champion - Jaidyn Cody
12yrs Girls: Champion - Tiarrie-Lee Fanuatanu
12yrs Boys: Champion - Brandon Allen

Congratulations once again students!

Athletics training practice for the Denison Athletics Team!!

We have 40+ students selected into our district track & field team so what an awesome effort by our students on their sports day.

Training practice is on weeks 10 & 11 during nominated lunchtimes and on the following afternoons after school Tuesday 14th June, Thursday 16th June, Monday 20th June from 3.15 - 4.15pm. Come along and sharpen your skills to be ready for your district trials in week 11!

SOCCER SKILLS CLINIC!!

TRAIN WITH SOCCER ACADEMY’S MICHAEL THEO HERE IN EMERALD IN SCHOOL HOLIDAYS!

All keen Soccer players can train with Michael Theo and his team of professional coaches here in Emerald on 27th June. Registration closes on 26/6/16. Visit WWW.SOCER-ACADEMY.COM.AU

Grab a FLYER from Miss L for more details.

DISTRICT CRICKET TRIALS

Good luck to the boys attending the district cricket trials Thursday for 11 and 12yr boys experienced in cricket.

Miss L
Awards for the week ending 3rd June 2016

Prep A  Lincoln B
His enthusiasm. Lincoln approaches every activity with a smile and positive disposition.

Prep B  Brock M
Your polite, quiet and caring approach to engaging with your classmates and teachers. You are an AMAZING classroom friend.

Prep/1C  Lucy M
Her fantastic classroom behaviour. She listens to instructions and follows them straight away. Good work Lucy!

1A  Jill H
Your effort and persistence with improving your letter and sound knowledge. Well done!

1B  Leila F
Always showing organisation by completing homework every week! Well done!

2A  Jake N
Jake’s enthusiasm during class debates. He has great arguments and uses persuasive language.

2B  Lachlan R
Attempting all assessment tasks with a good attitude. Keep up your resilience and persistence!!

2C  Conner W
Your effort and persistence when creating your push/pull toy for Science. You did a fantastic job!

3A  Tamryn C
Her excellent work in maths. Tamryn has been working hard to read questions and answer them carefully.

3B  Laine F
Laine’s enthusiasm to learning. You are always willing to give tasks a go and try your best. Your smile and happiness shines on others too.

3C  Jake P
Putting in your best effort to all classwork. You are giving 100% effort 100% of the time.

4A  Rarua L
The huge effort you put into completing your traditional tale. What a great story you have written.

4B  Kobe Y
Your hard work and effort in Maths. Keep up the great work, Kobe.

4C  Neveah D
Always working to the best of your ability.

5A  Thomas S
Showing persistence to keep on going during peak assessment period even though you were feeling under the weather.

5B  Lockwood P
His improved effort in all learning tasks. Lockwood always tries his best and is attempting new tasks with eagerness.

5C  Samantha G
Her hard work on all pieces of assessment. Samantha’s effort is reflected in her results.

6A  Bailey S
Taking responsibility for your own actions. You adjust your behaviour yourself and stay on task. Well done!

6B  Aleisha B
Your great effort in English. You worked hard to put together and explain the elements of your persuasive ad. I am convinced Bora Bora will be a great holiday destination.

Prep A  Riley C
His positive learning attitude. Riley has made a tremendous effort to work hard in all activities and cooperate with Peers.

Prep B  Aaliyah W
You have a go attitude to all learning tasks. You always give 110% effort to all activities, you are a “work wizard”.

Prep/1C  Nayte G
Trying hard to match letters and sounds in his writing. He gives 100% effort all of the time.

1A  Taylah K
Your politeness and respectfulness. You are a positive member to our class!

1B  Lachlan B
His effort. Lachlan has been working very hard to learn his sight words. Well done!

2A  Harlea Q
Harlea’s fantastic effort during spelling lessons. She has been working hard on learning the spelling rule and applying it.

2B  Lilly M
Trying to use whole body listening in the classroom. Keep it up!

2C  Finlay T
Your engaging and exciting cowboy story. Great work Finlay!!

3A  William FL
Taking more responsibility for his own actions. William has been following directions and respecting the rights of others to learn.

3B  Howard W
Howie’s efficient strategy to count change. No one will be able to short change you! Well done.

3C  Carter M
The mammoth effort you have shown to catch up on missed assessment! Well done!

4A  Kobe Y
Your hard work and effort in Maths. Keep up the great work, Kobe.

4B  Tate H
Your on task behaviour. You always begin work immediately and it is always completed to a high standard.

4C  Benjamin H
Working hard on all activities set our for him all of the time.

5A  Amity N
Her always polite and respectful nature. Amity follows all classroom rules and is kind towards her peers.

5B  Lucy DK
Her outstanding scientific answers when completing a research task about the ‘Exploration of the solar system.’ Well done Lucy!

5C  Riley J
His resilience during this busy time of the year. Riley has completed every task set even though he has had to write with his unfavoured hand.

6A  Lachlan V
Following instructions promptly and taking responsibility for his own actions. You are a fair player.

6B  Brandon A
Your great effort this semester. You apply yourself and work hard to achieve your best in everything you do. Keep up the great work!
30th May 2016

Dear parents/carers,

Re: Nationally Collection of Data on School Students with Disability

Collecting data on school students with disability helps teachers, principals and education authorities support the participation of students with disability in schooling on the same basis as students without disability.

All Australian Governments have agreed to work together on the annual collection of data on school students with disability.

All Australian schools participate in this annual data collection. The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- broad category of disability.

Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you.

While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child's details to be included, please let me know.

Information and fact sheets are available to help you make a decision from the:


Alternatively, if you have any queries about the collection or use of this data I encourage you to contact me directly.

Troy Sanson
Principal

P O Box 1475 Emerald QLD 4720
Telephone: (07) 49807 333 FAX: (07) 49876 058
Influenza (The Flu)

Influenza or ‘the flu’ is a highly contagious disease caused by infection from influenza type A or B (or rarely C) virus. These viruses infect the upper airways and lungs.

The flu is highly contagious and occurs year round but peaks each year from May to September.

Flu is not the same as a common cold, and can be a serious illness. For some people, such as the elderly and those with underlying medical conditions, the flu can cause serious complications which require hospitalisation. It can sometimes lead to death.

Flu is usually spread through infected people coughing and sneezing, which temporarily contaminates the surrounding air and surfaces with infected droplets. You can reduce the risk of infection by getting vaccinated and practising good hand and respiratory hygiene.

Occasionally there have been worldwide outbreaks of flu, known as flu pandemics, which have occurred with the global spread of a new type of flu virus.

Signs and Symptoms:

Symptoms usually appear 1–3 days after being infected. A person can spread flu to others 1–2 days before they become unwell and up to 5 days after symptoms develop.

The symptoms of influenza can include:

- fever
- dry cough
- muscle and joint pain
- tiredness/extreme exhaustion
- headache
- sore throat
- stuffy nose.

Most people recover within a week, although a cough and tiredness may persist.

Treatment:

Generally, uncomplicated flu is managed by simply resting in bed, drinking plenty of fluids (particularly water) and taking over-the-counter medication to help relieve the symptoms.

Antiviral medications reduce the length of time symptoms last and help people return to their daily routines earlier. These medications are most effective if they are started within 48 hours of flu symptoms appearing.

See your doctor or call 13 HEALTH (13 43 25 84) [https://www.qld.gov.au/health/contacts/advice/13health/index.html] if you:

- are concerned about your symptoms
- are in a high-risk group
- have a cough and high fever (38 degrees Celsius or more) that is not improving.

Transmission:

The flu can spread from person to person by:

- droplets spread from an infected person’s coughs or sneezes (these droplets generally travel less than 1 metre)
- touching surfaces contaminated by infected droplets (including hands, phones, keyboards and door handles) and then touching your mouth, nose or eyes.

Flu viruses can survive on some hard surfaces for several hours. You should regularly clean frequently touched surfaces such as door handles, taps, tables, benches and fridge doors. Flu viruses can be removed with normal household detergents.

Prevention:

Good hygiene is essential to protect yourself and others:

- stay home when you are sick
- wash your hands regularly with soap and water or use an alcohol based hand gel
- wash your hands prior to touching your eyes, nose and mouth
- use a tissue, or the inside of your arm, when you cough and sneeze
- throw tissues away immediately and wash hands

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• don’t share items such as cigarettes, cups, lipstick, toys or anything which has come into contact with the mouth or nose
• stay at least 1 metre away from people who have flu-like symptoms
• clean frequently touched surfaces regularly, such as door handles, taps, tables, benches and fridge doors.

Vaccination

Being vaccinated gives you protection against flu by building immunity to the virus and preventing transmission of the virus to other people.

Vaccination is required annually, as immunity from the vaccine decreases over time and the vaccine can change each year to cover the current virus strains. The best time to be vaccinated against flu is between March and May, before the flu season starts. Vaccination usually takes up to 2 weeks to be effective.

Vaccinations can be given to anyone aged 6 months or older, and is strongly recommended for people at higher risk of developing complications.

High-risk groups:

• All adults aged ≥65 years of age
• Pregnant women during any trimester
• Aboriginal and Torres Strait Islander people aged ≥15 years of age
• Aboriginal and Torres Strait Islander children aged 6 months to <5 years of age
• Individuals ≥6 months of age with medical conditions predisposing them to severe influenza.

If you are in a high-risk group, you can be vaccinated for free under the [Immunise Australia program](http://www.immunise.health.gov.au).

If you don’t have access to the free vaccine, you can arrange to be vaccinated by a doctor or immunisation nurse at your local medical centre. Some community pharmacies may offer a private flu vaccination service. Check with your local council to see whether they have free immunisation clinics. Some employers may offer free flu vaccinations for staff.

The vaccine does not contain live flu viruses and cannot cause flu. However, some people may experience mild flu-like symptoms for up to 48 hours as their immune system responds to the vaccine. Serious reactions to immunisation are rare. While some people may experience mild side effects such as pain, swelling and redness at the injection site, these usually resolve quickly. Immediate allergic reactions to flu vaccine are rare. People who are allergic to eggs are no longer excluded from influenza vaccinations and should discuss their egg allergy and vaccination with their doctor.

If you experience any symptoms that concern you, call [13 HEALTH](http://www.qld.gov.au/health/contacts/advice/13health/index.html) or your doctor / immunisation provider.

Seasonal influenza vaccine formulation

There are two types of inactivated influenza vaccines available in Australia. These are the three component Trivalent Influenza Vaccine (TIV) and the four component Quadrivalent Influenza Vaccine (QIV).

In 2016 the National Immunisation Program is distributing government-purchased QIV. TIV is available for purchase in the private market.

The influenza vaccine is updated each year to reflect virus strains circulating around the world in the last 12 months.

The antigens contained in the 2016 quadrivalent influenza vaccine:

• an A/California/7/2009 (H1N1)pdm09-like virus
• an A/Hong Kong/4801/2014 (H3N2)-like virus
• a B/Brisbane/60/2008-like virus
• a B/Phuket/3073/2013-like virus.

The antigens contained in the 2016 trivalent influenza vaccine:

• A/California/7/2009 (H1N1)pdm09-like virus
• A/Hong Kong/4801/2014 (H3N2) like virus
• B/Brisbane/60/2008 (B/Brisbane/60/2008 like virus

World Health Organization (WHO) influenza experts select the influenza strains for the southern hemisphere season each year. Their selection is usually accurate but it is never entirely possible to know what strains will circulate until well into the influenza season. The QIV contains the same strain antigens as TIV with the addition of an extra flu B strain.

Health outcome:

Most people recover from the flu within a week, although a cough and tiredness may persist. Flu can sometimes lead to severe complications including pneumonia.

For young children and the elderly, flu is one of the most common vaccine preventable causes of hospitalisation.

Other resources:


Help and assistance:

For more information:

• see your local doctor
• contact the nearest [public health unit](http://www.health.qld.gov.au/system/governance/contact-us/contact/public-health-units/default.asp)

If you are in an emergency situation, call 000
Whooping Cough (Pertussis)

Whooping cough (or pertussis) is a highly contagious respiratory infection caused by the bacterium Bordetella pertussis. Whooping cough can affect people of any age. For adolescents and adults, the infection may only cause a persistent cough. However, for babies and young children, whooping cough can be life threatening. Complications of whooping cough in babies include pneumonia, fits and brain damage from prolonged lack of oxygen. Most hospitalisations and deaths occur in babies less than six months of age.

In Australia, epidemics occur every 3 to 4 years. In 2011, 38 732 cases were reported nationally. The highest rates of disease were in infants <6 months of age and children 5 – 9 years.

Signs and Symptoms:
Whooping cough often starts like a cold with a runny nose, sneezing and tiredness over several days, and then the characteristic coughing bouts develop. These bouts can be very severe and frightening, and may end with a crowing noise (the ‘whoop’) as air is drawn back into the chest. Coughing episodes are frequently followed by gagging or vomiting. During coughing attacks, a child's breathing can be obstructed and they may become blue or stop breathing. The bouts of coughing may continue for many weeks even after appropriate treatment. Babies under six months of age, vaccinated children, adolescents and adults may not display the typical whoop. Even in adults, pertussis can cause significant problems with the cough persisting for up to 3 months, and other symptoms, such as sleep disturbance or, rarely, rib fracture.

Treatment:
Treatment is a course of antibiotics which reduces the time a person is infectious to others and may reduce symptoms if given early in the disease. To be effective, antibiotics need to be given within 21 days of the start of general symptoms or within 14 days of the start of the bouts of coughing.

Some people who have had close contact with an infected person may need to take antibiotics to prevent infection. This includes people at high risk of serious complications (i.e. children aged less than six months); and others who might spread it to these children, such as women near the end of their pregnancy, or people who live or work with infants under the age of 6 months. Seek the advice of your doctor about the need for antibiotics to reduce the risk of infection in yourself or in infants at risk of serious complications.

Transmission:
Whooping cough bacteria are highly infectious and are spread to other people by an infected person coughing and sneezing. The infection can also be passed on through direct contact with infected secretions from the mouth or nose. The time between exposure to the bacteria and getting sick is usually seven to ten days, but can be up to three weeks. A person is most infectious in the early stages of their illness. Unless treated with appropriate antibiotics for at least five days, a person is regarded as infectious for three weeks after the first sign of any cough; or 14 days after the start of the bouts of coughing.

Prevention:
To avoid passing the disease on to others, a person with whooping cough should stay away from work, school, pre-school or child care until they have had at least 5 days of their course of antibiotics, or until 21 days after the first sign of any coughing, or until 14 days after the severe bouts of coughing began.

If people who have had close contact with an infectious person are not fully vaccinated, they may need to stay away from places where there are young children or pregnant women. Your doctor can provide advice on this.

Anyone who has been in close contact with an infectious person should keep a close eye on their own health. If they develop signs of early whooping cough in the three weeks following the exposure, they should immediately remove themselves from close contact with others until they have seen a doctor, mentioning to the doctor about the contact with whooping cough. The person should not return to work until they are no longer infectious; or another cause has been confirmed for their illness.

People who are visiting a doctor in relation to whooping cough should advise the staff either prior to the visit or immediately on arrival so appropriate infection control measures can be taken.

VACCINATION

Vaccination is the most effective way to control whooping cough. In Australia the pertussis vaccine is only available in combination with diphtheria and tetanus; and additionally the pertussis/tetanus/diphtheria vaccine for children is given as one injection combined with other childhood vaccines such as polio, hepatitis B and Haemophilus influenzae type b.

To ensure full protection at the right time, it is important that all the doses of the vaccine are given at the recommended times; although catch up vaccinations can and should be given if vaccines are delayed for some reason.

Immunisation against whooping cough is recommended as part of the National Immunisation Program Schedule and the vaccine is funded for:

- Infants aged 2 months (vaccines due at 2 months can be given from 6 weeks), 4 months and 6 months.

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• Children aged 4 years (vaccines due at 4 years can be given from 3 years 6 months)
• Year 8 and Year 10 student booster dose, usually given in the school immunisation program. The program for year 10 students will cease at the end of 2015.

An additional dose of whooping cough vaccine is recommended for children at 18 months of age, but this is not currently funded under the national program.

Pertussis vaccination is also recommended for women early in the third trimester of each pregnancy. This dose is funded by the Queensland government and the optimal time for vaccination is between 28 and 32 weeks; however it can be given at any time in the third trimester up to delivery. Boosting the mother’s immunity protects the newborn baby until old enough to be vaccinated at 6 weeks of age, via antibodies that cross the placenta to the baby during pregnancy.

Women who are not vaccinated in the third trimester and who have not had a dose of pertussis vaccine in the past 10 years should consider vaccination as soon as possible after delivery to reduce their risk of acquiring whooping cough and passing it on to their newborn child; however this dose will not be funded.

A booster dose is also recommended - but not funded - for any adult who wants to reduce the risk of infection and hasn’t had a pertussis booster in the last ten years. Vaccination is particularly important for people living with or caring for babies under six months e.g. Fathers and grandparents. The vaccine should be given at least 2 weeks before contact with the infant.

Adults working with infants and young children <4 years of age and all health care workers should receive a dose of pertussis vaccine. A booster dose is recommended every 10 years.

Like all medications, vaccines may have side effects. Most side effects are minor, last a short time and do not lead to any long-term problems. Possible side effects of whooping cough vaccine may include fever, redness and soreness or swelling where the injection was given, nausea, headache, tiredness and aching muscles. More serious side effects are extremely rare but can include severe allergic reactions. Contact your immunisation provider if you or your child has a reaction following vaccination which you consider serious or unexpected.

Other resources:
• 13 HEALTH (call 13 43 25 84)

Help and assistance:

For further assistance, please contact your local doctor, community health centre or nearest public health unit [http://www.health.qld.gov.au/system-governance/contact-us/contact/public-health-units/default.asp]. You can be immunised at your local doctor or medical centre. Check with your local council, community child health and community health centre regarding free immunisation clinics.

References