

Important Health Information for Educators and Staff

Working in early education and care services puts educators and staff in close, regular contact with children.

Cytomegalovirus (CMV)

CMV infections can cause serious birth defects. The highest risk to the unborn child is during the first half of the pregnancy. CMV infection occurs in 1% or less of pregnancies and, of these cases, less than 10% of infants are likely to have severe illness.

CMV can spread through infected urine and saliva. Women of childbearing age working with young children should pay particular attention to good hand hygiene after contact with body secretions, especially after changing nappies or assisting in toilet care.

Discuss with your Centre Coordinator, if you are pregnant, the risk and if moving to an older age group could work within your service setting.

Staff Wellness

We believe in providing a healthy workplace that values and enhances the health and wellbeing of our employees. Promoting wellbeing can help prevent stress and create a positive working environment where individuals and organisations thrive. 'A healthier workplace means everyone wins.' (Queensland Government, 2019, Healthier. Happier. Workplace).

Our work in Early Childhood Education requires sustained high physical, mental and emotional effort to complete our job. Such sustained work demands can have an impact on the wellbeing of employees. A Wellness Program may help individual employees overcome specific health-related issues. Our Service will encourage employees to create a shared vision to develop a Wellness Program that reflects and addresses the needs of our current staff and creates a wellness culture. Management and staff will co-develop a policy and procedures that supports the health and wellbeing of employees.

Keiki Early Learning provide access to AccessEAP which is an Employee Assistance Program. The EAP is voluntary, confidential and complimentary counselling service. It is a short-term, solution focused approach to help you enhance your overall wellbeing.

EAP can assist when personal, family or work-related concerns are impacting on your health or quality of life and also when you need guidance on professional or person goals, or effective communication skills. The AccessEAP app provides access to counsellors and tools and resources that are based on your preferences, goals and interests. Read tips, strategies and new ways to support your mental health and wellbeing journey.

AccessEAP

- Download the AccessEAP app via the Apple App Store or Google Play
- Sign up
- Enter your first name, last name, email address and password
- Enter the domain **keikiearlylearning.com.au** and select your role (Manager/Employee)
- Start your wellbeing check to personalise the tools available to you.