

MEDIA RELEASE

TUESDAY 21 JANUARY 2025

Back to school health and wellbeing

As thousands of kids across the state prepare for their first day back in the classroom, AMA Queensland is reminding parents of some simple measures to help with child health, safety and wellbeing.

"Whether you're sending your four-year-old or your 17-year-old off to school next week, there are some simple precautions you can take to ensure their health and your peace of mind," AMA Queensland President Dr Nick Yim said.

"Respiratory illness was rife in our community last year.

"It's great to see your child excited for the new school year, but if they are showing any symptoms of illness, it is best to keep them home until they are well enough to return to the classroom. No child wants to get their friends sick.

"Practising good infection control will limit the spread to other vulnerable children and the rest of the class.

"This is also a great time to check whether your children are up to date with their vaccinations. You can do this by checking the Australian Immunisation Register or asking your GP.

"The state government recently announced they will be continuing the free flu vaccination program in 2025. We encourage all parents to visit their GP to have the whole family vaccinated against influenza once the program commences in March.

"It is critical for parents of children with chronic illness such as epilepsy, diabetes, asthma, allergies and/or anaphylaxis to schedule a checkup with their child's GP to review their relevant management and action plans.

"It is also a good time to review medication requirements as children grow, review emergency action plans and check their inhaler technique.

"We understand many parents fear the heightened vape use among teenagers and we encourage them to discuss the harms of vaping with them.

"While the vaping laws implemented last year should protect children, we urge parents to stay vigilant around their child's access to vapes while they are still being accessed illegally and without a prescription.

"A new school year is an exciting time for many families, but we understand it can be stressful for many others. We encourage parents to seek any support they may need throughout the year."