



Monday 30 March 2020

ADVICE FROM PUBLIC HEALTH AUTHORITIES

A reminder to all members of the school community of the importance of following advice that has been provided by public health authorities regarding social distancing which includes:

- Stay at home if you are sick
- If your child is sick do not send them to school (or childcare)
- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- if unwell, avoid contact with others

Additionally the Australian Government Department of Health has published recommendations for social distancing at home with regard to reducing the spread of germs:

- Avoid handshaking and kissing
- Regularly disinfect high touch surfaces, such as tables, kitchen benches and doorknobs
- Increase ventilation in the home by opening windows or adjusting air conditioning
- Visit shops sparingly and buy more goods and services online
- Consider whether outings and travel, both individual and family, are sensible and necessary

If people in the home are displaying flu-like symptoms the Australian Government Department of Health's recommendations also include:

- Care for the sick person in a single room if possible
- Keep the number of carers to a minimum
- Keep the door to the sick person's room closed and, if possible, a window open
- Both the sick person and the people caring for them should wear a surgical mask when they are in the same room
- Protect other vulnerable family members, such as people over 65 years or people with a chronic illness, including, if practicable, finding alternative accommodation

These simple, common sense actions help reduce risk to you and to others. They will help to slow the spread of disease in the community.