

Keeping families and children well

COVID-19 Bulletin

Information for schools, child care services and family day care services in western Sydney.

Provided by Western Sydney Local Health District's Munch & Move and Live Life Well @ School teams

Welcome to the latest COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for childcare services, schools and families to keep everyone healthy and active during this time. **Become a COVID-19 Bulletin subscriber [here](#).**

COVID-19 alerts

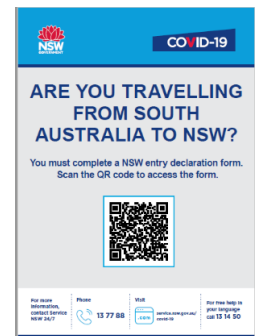
Alerts have been issued for **South Australia** and **New Zealand**.

- **Have you recently returned from Adelaide?** If you have been to any [areas of concern](#) listed on the [South Australia Health website](#), please get tested immediately, even if you have no symptoms.

From 19 November, anyone travelling from South Australia to NSW must complete a [declaration form](#). This also applies to people who have been to South Australia within the past 14 days. [Public health order](#).

- **Have you recently returned from New Zealand and other parts of South Australia?** Please monitor for even the mildest of [symptoms](#) and [get tested](#) and [isolate](#) if they appear. Remain in isolation until a negative result is received. Posts for sharing [New Zealand](#) and [South Australia](#).

Find all NSW case alert locations and information [here](#). Please check information daily as it may have changed.



COVID-19 testing clinics

- **The Rouse Hill pop-up clinic has moved to the Baulkham Hills Netball courts** (Wellgate Ave, Kellyville), now open between 8am - 4pm, seven days a week. [Post for sharing](#).
- A QR code patient registration system is now in place at the COVID-19 testing clinics at **Blacktown Hospital** and **Westmead Hospital**.
- **COVID-19 testing is available for everyone, even if you are not an Australian citizen or permanent resident.** This includes overseas visitors and students, migrant workers and asylum seekers. [Post for sharing](#).

Find your nearest clinics [here](#). Just got tested information [here](#).

Contact your GP or phone the Coronavirus 24-hour helpline on 1800 020 080 for information or advice.



Viral Gastroenteritis Alert

Nearly 60 outbreaks of **gastroenteritis** in Early Childhood Education and Care centres in NSW were reported in October, and very high numbers continue to be reported in November.

Please alert staff to be vigilant for symptoms of gastroenteritis in children, reinforce basic hygiene measures (such as regular hand washing) to prevent the spread of infection, and exclude sick children and staff for at least 48 hours after their last symptom. More information [here](#).

The [Gastro Pack for Childcare Centres](#) provides checklists of actions to be taken, advice on infection control measures and signage resources for gastroenteritis outbreaks.

For information:

Western Sydney Local Health District – Centre for Population Health

E: WSLHD-LLWats@health.nsw.gov.au, WSLHD-munchandmove@health.nsw.gov.au

www.healthykidswesternsydney.com.au



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COVID-19 – Community Resources for Western Sydney



Access the latest COVID-19 updates and wellbeing tips from our [Community Resources for Western Sydney website](#).

[Sign up](#) for COVID-19 updates, delivered directly to your email inbox.

Lachie's COVID-19 test experience

The thought of having a COVID-19 test can be nerve-wracking for a child - and they are bound to have lots of questions about it. Rather than trying to explain it, we thought we would share 10 year-old Lachie's letter about his COVID-19 test to help show other kids exactly what to expect.



today I had my first covid test I woke up with a ~~cough~~ cough and sore throat so mum said i need a test she took me to the clinic. I was nervous because I hadn't had one before and scarlett said it hurts. when we got there they stuck a thing down my throught and up my nose it tickled and bring teares to the eye and it also leaves a ^{tingling} feeling but it didn't really hurt. It was so quick. if I had ant to have another test I couldn't care less because I know it doesn't hurt the best part is I get a day of school I have I got negative results from Lachie

Before going to a COVID-19 clinic to have your child tested, check [NSW Health COVID-19 Clinics](#) to see whether the clinic tests all ages.

COVID-19 testing clinic options for children:

Clinic	Opening times
The Children's Hospital at Westmead	8:30am – 4pm, 7 days.
Kellyville Drive-through Clinic	8am – 5pm, 7 days.
Merrylands Park Drive-through Clinic	8am – 5pm, Monday – Friday.
Blacktown Hospital	8am – 8pm, 7 days. Babies under the age of 1 will not be tested at this facility and will be referred to Blacktown Hospital Emergency Department

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New resources

- [Do the right thing - always check in to venues](#) poster and [social tiles](#).
- [COVID-19 test result turnaround time](#) social tiles in Arabic, Chinese, English, Khmer and Vietnamese.
- **Got Symptoms Get Tested** posters in [English](#), [Hindi](#), [Gujarati](#), [Nepali](#) and [Punjabi](#).

Watch these **new videos**, where Dr. Palu Malaowalla shares important COVID-19 community messages in English and Gujarati.

- **Physical distance, hygiene and testing:** video available in [English](#) and [Gujarati](#).
- **Support family and friends in quarantine and self-isolation:** video available in [English](#) and [Gujarati](#).

More resources [here](#). Click [here](#) for support in languages other than English. Multilingual posts [here](#).

Restriction changes

- **New Year's Eve:** A pass is needed to access the restricted zones in Sydney CBD and North Sydney. Pass applications will be available from Service NSW from 7 December.
- **From 23 November:**
 - Up to 3000 people will be permitted at an outdoor organised gathering held in a restricted area (such as a concert). More information [here](#).
 - Outdoor singing performances may have up to 30 performers (such as Carols in the Park). Spectators may sing along if they are wearing masks.
 - Groups of 500 will be allowed for outdoor religious services (not including weddings and funerals).
- **From 1 December:** Up to 300 people will be allowed at funerals, subject to the 4 square metre rule.



Check [latest announcements](#), [What you can and can't do under the rules](#) and [public health orders](#).

Online survey for residents in the City of Parramatta

Do you live in the Parramatta Local Government Area?

Help Parramatta Council understand your experiences of COVID-19 by completing this [10-15 minute survey](#).

Have Your Say

Fill out the survey here!

Your feedback will help Parramatta Council to ensure Council services, facilities and infrastructure continue to meet your needs, and work more effectively with stakeholders to support community wellbeing.

The survey closes at **9am on Monday 7 December**. By completing the survey, you can go into the draw to **win one of 14 \$50 AT Parramatta gift cards!**

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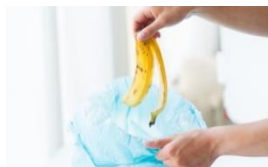
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Health
Western Sydney
Local Health District

War on waste – Cancer Council



The average household throws out 1 in 5 bags of groceries they buy.

Want to know how you can reduce your food waste?

Check out the [Cancer Council Healthy Lunchbox blog](#) for more tips that will save you money, time and our planet!



Please provide feedback on our COVID-19 bulletin

Thank you to those who have provided us with valuable feedback. We appreciate any feedback or suggestions you have on our 'Keeping families and children safe – COVID-19' bulletin.



Please click [here](#) to complete our short bulletin survey. Thank you

COVID-19: Need more information or help?

Websites:

- Check [latest announcements](#), [NSW Government COVID-19 information](#) and [NSW Health COVID-19 information](#)
- Check Australian Government [COVID-19 information](#)
- Follow NSW Health on [Facebook](#) and [Twitter](#)
- Visit www.healthdirect.gov.au to check symptoms
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information
- Visit [COVID-19 Community Resources website](#). Subscribe [here](#).

Who to call:

- Call National Coronavirus Hotline on 1800 020 080 (24/7) for health questions or to check symptoms
- Call Service NSW on 13 77 88 (24/7) for non-health related questions
- Call Beyond Blue on 1800 512 348 (24/7) for mental wellbeing support
- Call Translating & Interpreting Service on 13 14 50 for FREE help in your language
- Call COVID-19 Let's Talk on 8890 5236 to talk about stress and lifestyle changes during COVID-19

Resources:

- Click [here](#) to find all relevant COVID-19 phone numbers on the [Who To Call Poster](#). You may like to print it and display it somewhere accessible to all.
- [Coronavirus Australia app](#)

Information is current at date of issue – 23 November 2020.

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