

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

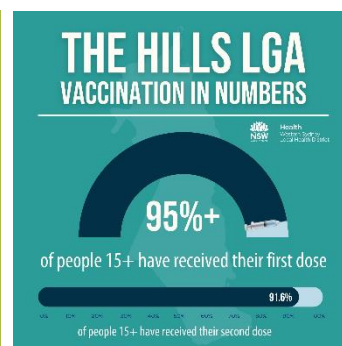
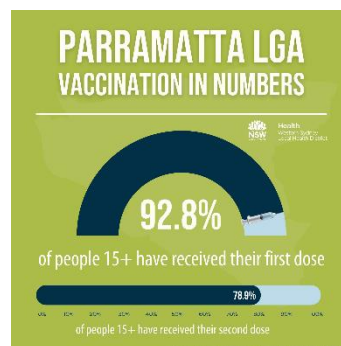
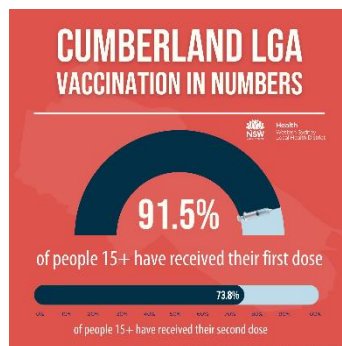
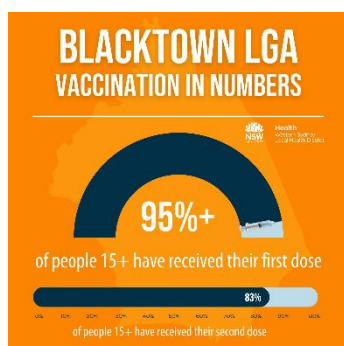
Welcome to the latest COVID-19 Bulletin, containing helpful information and resources on current COVID-19 topics, as well as practical ideas for childcare services, schools and families to keep everyone healthy and active during this time. **Become a COVID-19 Bulletin subscriber [here](#).**

LATEST NEWS

COVID-19 vaccination updates

76.5 % of people 16+ in NSW are fully vaccinated, as at 14 October.

EVERY Local Government Area in western Sydney has cracked the 90% first dose milestone! Correct as at 11 October.



Please encourage your family, friends, neighbours and loved ones to get vaccinated.

A reminder to everyone to get your second dose too!

COVID-19 vaccination

- Everyone aged 12+ years is eligible for COVID-19 vaccination.
- **Vaccinations are available** through GPs, pharmacies, NSW Health vaccination clinics, Aboriginal medical services, walk-in vaccination clinics and outreach vaccination clinics. Some clinic locations may change as venues reopen for their usual purpose. Find a clinic [here](#).
- **Walk-in Pfizer and AstraZeneca vaccination at Qudos Bank Arena Vaccination Centre for all people aged 12+** for first and second dose vaccinations from Wednesday 13 October. Read more [here](#). [Post for sharing](#).
- More walk-in vaccination across NSW on **Walk-in Super Saturday 16 October**. Read more [here](#).



Show up

Get vaxxed

Walk-in COVID-19 vaccinations available at **Qudos Bank Arena** for all people 12+

 Health
Western Sydney
Local Health District

For information:

Western Sydney Local Health District – Centre for Population Health

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

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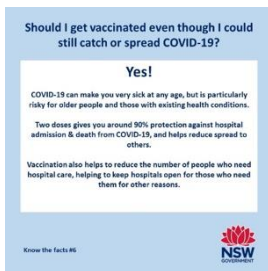
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- **Education Super Sunday 17 October:** Priority vaccinations for people who work in early childhood, preschool, school, vocational education and training, and university. Book [here](#)

- **Aboriginal and Torres Strait Islander people from Western Sydney,** their families and household members, aged 12 years and over, can book their Pfizer COVID-19 vaccination at Kimberwalli. To make a booking, call 1800 922 886 between 8am–8pm



- **Vaccination is recommended for people who have had COVID-19 once they have recovered and been medically cleared.** Read more [here](#).
- **Third dose** recommended for people who are severely immunocompromised. Read more [here](#)
- **Know the facts about COVID-19 vaccination** [here](#) and [here](#). Answers to common questions in 63 languages [here](#).

More COVID-19 vaccination information [here](#).



- **Your COVID-19 vaccination certificate is available** through your [my gov](#) Medicare online account, Express Plus Medicare app, My Health Record, the Individual Healthcare Identifiers Service and the Australian Immunisation Register. **Your certificate will be available via the Service NSW app soon.** Read more [here](#). Factsheet [here](#) and in 17 languages [here](#).

COVID-19 vaccines – children and adolescents

- Everyone aged 12+ is eligible to get vaccinated. **The best way to protect kids** from getting COVID-19 is to reduce the number of infections in adults – getting vaccinated helps achieve this.
- As of the 13 October, **71% of 12-15 year olds in NSW have received 1 dose**, and 23% of 12-15 year olds in NSW have received 2 doses.
- **COVID-19 vaccine [safety data](#) for 12 to 19 year olds** consistent with that seen in older Australians
- **If you have any questions about COVID-19 vaccines and children;** take a look at the Q&As from the National Centre for Immunisation Research and Surveillance [here](#)
- **Find a vaccination clinic** [here](#)

Restrictions update

- The first easing of restrictions for fully vaccinated people came into effect from Monday 11 October. There are still some restrictions in place. Make sure you know the [rules](#) in your area.
 - The next stage of easing of restrictions will be the Monday after NSW reaches 80% fully vaccinated. Read more at the [NSW roadmap for easing COVID-19 restrictions](#). Summary in 10 languages available [here](#).

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- **NSW residents who have been in the ACT for work, to receive medical care, or to accompany someone receiving treatment** will now no longer have to complete a declaration or follow stay at home rules after they return to NSW. Read more [here](#).

More information: [Common questions about the rules, legislation and penalties](#).

Visitors to Western Sydney Local Health District Hospitals

- Visitors are allowed twice daily, between 10am - midday and 5pm - 7pm with patients allowed two (2) visitors per day. Visitors must be at least 12 years of age, fully vaccinated, have evidence of vaccination and wear a surgical mask correctly for the duration of the visit.
- **Maternity:** Children under 12 are only permitted to visit our maternity wards to meet their new siblings and are included in the two person limit. Expectant mothers can have two fully vaccinated support people in birthing and two fully vaccinated visitors in post-natal units.
- **More information** [here](#).

COVID-19 testing



A call out to 20 to 29 year olds to get tested and vaccinated. Most of our COVID-19 cases in Western Sydney are in people under 40, particularly teenagers and young adults.

- You can still get COVID-19 if you are vaccinated. Avoid passing it onto people you care about by getting tested if you any have [symptoms](#), even if they are mild. Isolate until you receive a negative result.
- **Find your nearest testing clinic** [here](#). Some clinic locations may change as venues reopen for their usual purpose.
 - The testing clinic located at Kenthurst Grammar School has now **RELOCATED** to 29 Kenthurst Road, Dural open 8am-5pm daily.



Case alerts in Western Sydney

Case locations assessed as a public health risk are listed [here](#).

- Flight QA509: departed Brisbane at 7.10am, arrived in Sydney at 9.45am.
- Anyone on this flight is a close contact and must get tested and isolate, regardless of the result.
- Suburbs of concern: **Merrylands, Hebersham, Guildford and Plumpton.**

NSW Health has revised the isolation period for close contacts of a COVID-19 case from 14 days to seven days for people who have been fully vaccinated at least two weeks prior to their exposure to the virus. Updated advice for [confirmed cases](#), [close contacts](#) and [casual contacts](#).

Information for families – return to face-to-face learning



- For the latest advice on the **Roadmap to face-to-face learning** check [here](#).
- **Ventilation** is part of the NSW Department of Education's COVID-safe return to school plan. More info [here](#)
- For Greater Sydney (and specified other regions outlined [here](#)): while at school, face masks are required in all indoor and outdoor settings for all staff and all students in Year 7 and above (unless eating or exercising). Masks are strongly recommended indoors for primary students indoors and outdoors (unless eating or exercising).

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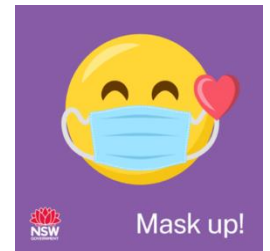
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- **A few tips to help your child wear a mask:**

- explain why; explain how masks prevent germs from spreading among people and keeps others safe and healthy. Let your child's questions guide the conversation. Answer in a way they can understand.
- be a good role model for mask wearing.
- have your child practice wearing a mask for a few hours while at home.
- as your child prepares to return to school plan on sending extra masks each day, with snap lock bags.



- Children should not attend school or childcare if they are showing any COVID-19 [symptoms](#). It's very important that children who have symptoms, or are a close, secondary close or casual contact are tested. Most testing clinics cater for children however some testing clinics have age restrictions. Check before you go to ensure the [testing clinic](#) is suitable for the age of your child.

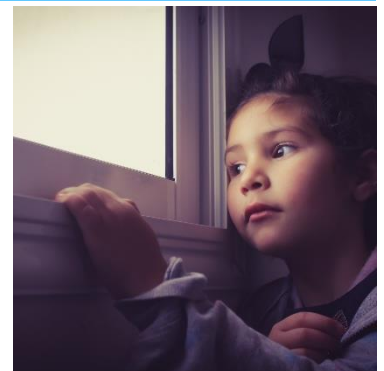
- The NSW Department of Education has helpful tips [here](#) to support students.

Beyond Blue has some great tips to help with the transition back to school

- Managing your child's transition back to school [here](#)
- How to help your teenager transition back to on-site learning [here](#)

Mental wellbeing & COVID-19 – Information for families

- As restrictions ease, it can be a time of mixed emotions; excitement about freedoms but also the reopening may cause people to feel apprehensive. See **How to come out of COVID-19 lockdown if you're feeling anxious** [here](#).
- **How to help children and young people adjust to the 'new normal'**. Information from Beyond Blue [here](#)
- **From toddlers to teens: How to talk about the coronavirus** tips [here](#)
- [Parent Line NSW](#) Phone 1300 1300 52 **9am to 9pm Monday to Friday** and **4pm to 9pm on weekends**. A free telephone counselling and support service for parents and carers with children aged 0 to 18 living in NSW.



COVID-19 – Information for young adults

An online information session for western Sydney high school students to delve into questions about COVID-19 and vaccinations was hosted by the [Prevention Education and Research Unit \(PERU\)](#) at Western Sydney Local Health District in collaboration with the COVID-19 Western Sydney GP Network.

Video responses to the questions and concerns raised by young people who attended have been filmed and include topics like 'Vaccine Side Effects and How to Prepare Myself to be Vaccinated'. **Access the videos** [here](#)

Resources

- **In language COVID-19 print and web resources** available [here](#).

You can search resources by language [here](#).

Updated and new resources:

- Shared COVID-19 vaccination decision making model for Aboriginal people and health professionals [Finding your way](#). Promotional tools and other resources available [here](#).
- Other COVID-19 Aboriginal health resources available [here](#).



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National Nutrition Week 10-16 October



Nutrition Australia encourages everyone to “Try for 5” this National Nutrition Week – Try to eat the recommended 5 serves of vegetables per day.

Tips, recipe ideas, fighting food waste, virtual farm tours and more [here](#).

More nutrition information available [here](#).

Healthy@Home



Healthy foods can fuel good mood!

Check out budget-friendly recipe ideas [here](#)

More healthy eating tips to help you include healthy meals as part of new routines available [here](#) and recipes ideas [here](#).

Navratri Festival 7-15 October

We encourage everyone to celebrate the Navratri with families and friends in a COVID-safe way.

Social tiles in English Bangla, Gujarati, Hind, Malayalam, Nepali, Punjabi and Tamil available [here](#).

Social media messages for sharing available [Facebook](#) | [Instagram](#) | [Twitter](#) | [LinkedIn](#).



Online forums for older people, their families and carers



To mark [International Day of Older Persons](#), [Mental Health Month](#) and the end of lockdown in NSW, a series of five forums is being offered to older people, their families and carers. Details and online registration at the following links:

- [Support Forum for Older People: Wellbeing and mental Health](#) at 10 am on Tuesday 19 October
- [Support Forum for Older People: My Aged Care and Centrelink](#) at 10 am on Tuesday 26 October
- [Support Forum for Older People: Planning ahead with legal documents](#) at 10 am on Thursday 28 October
- [Resilience Workshop 20 October](#)
- [Resilience Workshop 27 October](#)

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COVID-19: Need more information or help?

Websites:

- Check [latest announcements](#) 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 <http://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:

[Coronavirus Australia app](#)

Feedback – we would love to hear from you

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.

Information is current at date of issue – 14 October 2021

We acknowledge the Darug people, the traditional custodians of the land/s on which we work, and pay respect to elders past, present and emerging.

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