

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](#).**

Viral gastroenteritis alert

Very high numbers of outbreaks of gastroenteritis are being reported in Early Childhood Education and Care centres in NSW. In WSLHD, 13 outbreaks have been reported in so far 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.

Remember to notify your local Public Health Unit on 1300 066 055 if an outbreak is suspected.

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.

COVID-19 alerts

Testing of sewage at the **Liverpool** treatment plant has identified virus fragments of COVID-19. If you live, work or are active in the Liverpool area, get tested if you develop any [symptoms of COVID-19](#), however mild. More information [here](#).
[Post for sharing](#).

COVID-19 testing is free, quick and easy.

Find all NSW case alert locations and information [here](#).

Please check information daily as it may have changed.

Got symptoms? Get tested.

Anyone with COVID-19 symptoms should be tested.

Symptoms include:



fever



cough



sore throat



difficulty breathing



loss of smell



loss of taste

COVID-19 testing clinics

Every single case of COVID-19 in NSW is of great concern, because **behind every case may be many more**. Click [here](#) to listen to Dr Kerry Chant explaining why it is so important to get tested and re-tested if you develop any new illness with symptoms of COVID-19.

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.

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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Restriction changes

Plans for New Year's Eve and the Festive Season

- Click [here](#) to read details about COVID-safe events ahead of the festive season, including arrangements for New Year's Eve fireworks.

From 1 December:

- The **Queensland/NSW border** will open. More information [here](#).
- Hospitality venues of up to 200 square metres will be allowed one person per two square metres.
- The maximum number of people allowed in small hospitality venues (up to 200 square metres) will be 50 (not including staff).
- Up to 50 people will be able to visit a home outdoors and indoors. It is recommended that no more than 30 people gather if the residence has no outdoor area.

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

Support for people experiencing financial hardship

This year, many people have lost their jobs and income. Stress caused by financial insecurity can impact your health and wellbeing.

Click [here](#) for information on:

- COVID-19 financial support options and information
- Looking after your mental wellbeing if you have lost your job
- Access legal support services
- Housing and emergency support services



New COVID-19 resources

- Self-isolation infographic available in [English](#), [Arabic](#), [Assyrian](#), [Bangla](#), [Farsi](#), [Greek](#), [Italian](#), [Korean](#), [Nepali](#), [Simplified Chinese](#), [Spanish](#), and [Traditional Chinese](#).
- I Got Tested [multilingual video](#).



COVID-19

How do I self-isolate?

More resources [here](#).

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

Daisy's First Day



Daisy's First Day

The transition to school has been very different this year. Stories are important to help familiarise children with kindergarten.

The Department of Education has developed a new book called '[Daisy's First Day](#)'. This story follows Daisy the Koala as she meets her new (native animal) friends and has lots of fun on her first day of school.

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Translated Healthy Lifestyle fact sheets

The Healthy Children team in western Sydney has developed [5 fact sheets](#) that provide information about healthy eating, physical activity and screen time for children from birth to 12 years old.

Watch this [short animation](#) to learn how the fact sheets can help families to make better health choices.



The fact sheets are visual and easy to read, and can be downloaded in English, Arabic, Chinese, Korean, Persian, Tamil, and Hindi from the [Healthy Kids Western Sydney website](#).

Raising healthy kids at Out of School Hours Care (OOSH)

A FREE healthy lifestyle program for Western Sydney OOSH services is coming SOON!

This program will provide OOSH services with educator professional development, policy support, menu assistance and resources to assist programming.



Look out for more information coming in January 2021.

Living the new normal

- Do you have a Grandparent or friend over 60 who would like to get fit and active? The **Healthy and Active for Life Online program** could be perfect for you! All you need is internet access, a computer or tablet and some space to exercise. Sign up today [here](#).
- **Western Sydney Parklands** has new [holiday itineraries](#) to explore.
- **Catching public transport?** Wear a mask, retime your trip to less busy times and avoid crowds. Click [here](#) for **Summer transport information**.



Community members of the week – Doonside Kindergarten

There is no such thing as bad weather, only unsuitable clothing.



Outdoor play in all weather is beneficial for children's sensory and motor skill development. The fresh air and vitamin D also strengthens their immune system and reduces the spread of colds and germs.

At Doonside Kindergarten, they have a gumboot stand created by one of the parents. Children and educators put on their gum boots when it's a little wet outside and have fun jumping in puddles and collecting water for the garden



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Aboriginal artwork at Westmead Hospital

Nicole Monks of Yamaji Wajarri, Dutch and English heritage has created a three-dimensional artwork, *Mudinga*, the Dharug word for 'spear to hunt fish', which has been placed at the Cultural Gathering Place in Westmead Hospital.

This artwork has woven together Aboriginal history and storytelling to connect the past, present and future. Nicole wants visitors to the new building to think about the story, because when they learn about it, they too can feel a connection and understanding of this place.



Click [here](#) to read more about the artwork.

Healthy Christmas snacks

Looking for ways to make children's snacks more fun for the rest of the year? Why not try including a Christmas theme!

Children will love them and for some recipes, they can even help make the snacks.

- [Banana snowmen](#)
- [Kiwi fruit and strawberry Christmas tree](#)
- [Pita trees](#)



Be food safe – Cancer Council



Did you know that food poisoning is more common in summer?

Always packs an ice brick or frozen water bottle in the lunch box because bacteria love hot and humid weather.

Find more helpful tips at [healthylunchbox.com.au](https://www.healthylunchbox.com.au)



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

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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 – 30 November 2020.

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