

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.

COVID-19 – Community Resources for Western Sydney



Did you know you can sign up for COVID-19 updates based on your interests, delivered directly to your email inbox?

Get access to the latest wellbeing tips in one spot with our Western Sydney community resources [website](#). It's free, quick and easy to sign up [here](#).

COVID-19 case alerts: new exposure locations in Western Sydney

Anyone who attended the following venue is considered a casual contact and must monitor for symptoms and get tested immediately if they develop. After testing, they must remain in isolation until a negative test result is received:

- **Auburn: Ali Baba Charcoal Chicken, 2 Civic Road**
 - Sunday 18 October, 4pm – 5pm.
 - Monday 26 October, 1pm – 1.20pm.

COVID-19 virus fragments were detected in sewage at treatment plants in **Quakers Hill** on 28 October and **Glenfield** on 27 October. More information [here](#). [Post for sharing](#).

If you live in **Quakers Hill** or **Glenfield** and have any symptoms, please get tested. If you have already been tested, but develop symptoms again, get tested again no matter how mild your symptoms.

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

COVID-19 test for children

The COVID-19 test can be daunting not only for adults, but particularly for children.

Click [here](#) to watch brave six-year-old Thomas getting tested for COVID-19, with Hulk hands in tow.

Before going to a COVID-19 clinic to have your child tested, check our clinics webpage [here](#), to see whether the clinic tests all ages.



The Children's Hospital at Westmead COVID-19 Clinic is open for drop-in testing of children and their families from **8.30am – 4pm, seven days a week**.

For more information, click [here](#).

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



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

COVID-19 testing and clinics

We have reached a major milestone, carrying out more than three million COVID-19 tests since January 2020.



Testing continues to be central to limiting the spread of COVID-19 in our community and keeping NSW open.

If you have already been tested, but develop symptoms again, get tested again no matter how mild your symptoms.

NSW has over 300 testing locations. Search for testing clinics near you [here](#). Full list of NSW clinics [here](#).

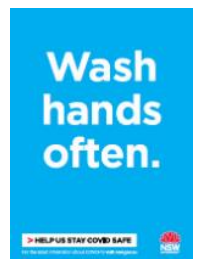
Contact your GP or phone the Coronavirus 24-hour helpline on 1800 020 080 for information or advice.

COVID-19 posters and signage

Click [here](#) for the COVID-19 toolkit, which is available for Child Care services and Primary Schools to help protect the people in our community.

The toolkit includes printable posters, signs and stickers to display as reminders about accepted behaviours and new standards of etiquette to help prevent the spread of COVID-19.

There are also a range of posters and brochures in community languages and easy read format [here](#).



Restriction changes

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

COVID-19 Aboriginal health resources

- **Keep our mob safe:** posters, flyers, social tiles and video available [here](#).
- **Join the #swabmob:** COORDINARE and Beyond Empathy have teamed up to create #swabmob, a campaign featuring videos made by young people, for young people. For more information, click [here](#).

COVID-safe sport



Community sporting clubs have a responsibility to implement COVID-safe measures during competition and training times.

This new [webpage](#) provides links to useful COVID-19 information for local sporting clubs in Western Sydney.

The **Public Health Unit** at Western Sydney Local Health District can provide guidance and advice to local sporting clubs on COVID Safety Plans.

Email: wslhd-eho@health.nsw.gov.au or phone 1300 066 055 for more information.

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



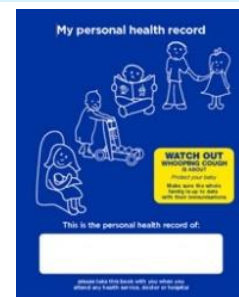
Information for schools, child care services and family day care services in western Sydney.

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

Child health & development

From birth to five years old, most children should reach milestones in how they play, learn, speak, act and move. Learn the signs. Act early milestone monitoring tools in a child's Blue Book allows parents to track their child's development and talk to their GP or Child and Family Health Nurse if they have concerns. Acting early can make a real difference.

The Milestones Matter brochure is also a handy resource to help parents keep track of their child's developmental milestones. It provides information on where to seek help early if you have concerns about your child.



Oral health

A healthy mouth is important for overall health and wellbeing. Healthy teeth and gums play an important part on your life, helping you smile, speak, eat, socialise and feel good about yourself.

To keep your mouth healthy, remember to brush twice a day, eat more fruit and veggies, choose water as a drink and visit the dentist regularly.

For more information on keeping your families mouths healthy visit the 'Healthy Mouths, Healthy Living' page

Focus on New Fathers

It's exciting becoming a dad, but it can also be challenging and sometimes stressful.

SMS4dads is a FREE text message service to help new dads and dads-to-be.

This service provides tips, tools and helpful links directly to your phone, up until your baby is 12 months old.

Register at: <http://www.sms4dads.com>



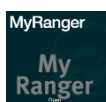
Community member of the week

Tahlia is 9 years old and loves to stay active by playing at the park after school or going for scooter rides up the river with her mum and her brother.

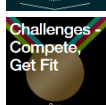
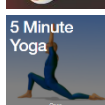
On the weekends Tahlia does acrobatics and gymnastics!



Family app-tivities



Screen time doesn't have to be time spent sitting. Get your family moving alongside the screen with a range of active apps instead.



You can "virtually" discover the parks in Queensland, feel good with a short yoga session and challenge family members to do short exercises each day that get the heart racing. For more information click [here](#).

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



Keeping families and children well

COVID-19 Bulletin

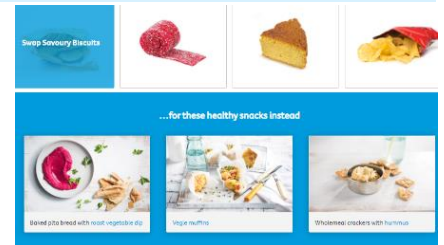
Information for schools, child care services and family day care services in western Sydney.

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

Healthy snack swaps

It can be difficult to find a healthier alternative to your child's favourite lunchbox snacks. The Cancer Council has found delicious and healthier options to some of these foods [here](#).

There are plenty of recipes to make healthy snack swaps too, like this easy recipe for '[no bake cookies](#)'. They have 1.5 serves of fruit in 2 cookies!



Library Health Month survey

Do you live or work in western Sydney? We want to hear from you!

Tell us what you thought about the Library Health Month campaign in this short and anonymous [survey](#).

After completing the survey, you will have a chance to win a Healthy Food Fast recipe book for your efforts.



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?

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.

- 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
- Visit www.healthdirect.gov.au to check symptoms
- Visit www.nsw.gov.au/covid-19 for all other COVID-19 related information
- 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 felt during COVID-19
- Visit Western Sydney Local Health District's COVID-19 website for community resources: <https://www.wslhd.health.nsw.gov.au/COVID-19-Wellbeing/home>

Information is current at date of issue – 2 November 2020.

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

