

## Keeping families and children well

# COVID-19 Bulletin

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

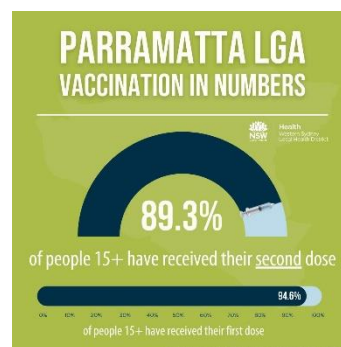
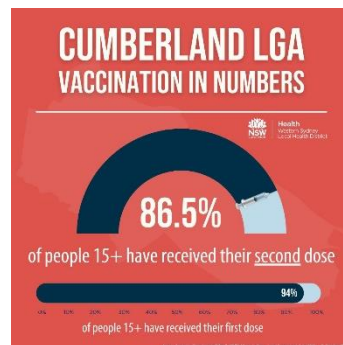
Provided by Western Sydney Local Health District's Munch & Move and Live Life Well @ School teams

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

Vaccination rates continue to soar in Western Sydney with all Local Government Areas over the 85% double dose mark!



### COVID-19 vaccination

- Everyone aged 12 and over is eligible for a COVID-19 vaccine. Find an clinic or book an appointment [here](#).
- **Walk-in first dose and second dose Pfizer and AstraZeneca vaccinations are available every day at Qudos Bank Arena Vaccination Centre** for all aged 12 years and over until Sunday 7 November.
- **Walk-in Pfizer vaccinations available for Aboriginal and Torres Strait Islander people from western Sydney**, their families and household members, aged 12 years and over at Kimberwalli, Whalan. Come and have a yarn to discuss your vaccination or make a booking [here](#).  
[Promotional flyer](#)

Watch the latest COVID-19 yarn-up about vaccination misinformation [here](#).

- **Vaccination in-reach service** now available at our WSLHD hospitals weekdays for any inpatient or outpatient who wishes to receive vaccination and is medically well enough. Speak to staff when you attend the hospital.

**Walk-in**

**COVID-19 vaccinations**

now available at

**Qudos Bank Arena**

Open to all people aged 12 and up  
First or second doses  
Both Pfizer and AstraZeneca available

Health  
Western Sydney  
Local Health District

*Ways to get your Pfizer COVID-19 vaccination at Kimberwalli*

<p><b>Come and have a yarn</b> Aboriginal health care workers can discuss your vaccination</p>	<p><b>Book your appointment online</b> Scan the QR code and book now</p>
<p><b>Call and book</b> Phone 1800 922 886 between 9am - 3pm 7 days a week</p>	<p><b>Just walk-in!</b> On-the-spot appointments are available</p>

**Who is eligible:** Aboriginal and Torres Strait Islander people, their families and household members - ages 12 and up

### 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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- **If you have had COVID-19 and are not yet fully vaccinated, the vaccination advice has changed.** You can now get a COVID-19 vaccination as soon as your symptoms are clear. There is no need to delay vaccination if you are fully recovered.

If you want to wait for vaccination, the medical clearance letter you get exempts you for 6 weeks (previously this was 6 months). If you want to wait longer, you will need to get an exemption form signed by your doctor. For people given a medical exemption between 22 September and 21 October the 6 month exemption remains. Read more [here](#).



- **Booster shots:** The Therapeutic Goods Administration has provisionally approved a booster dose of the Pfizer vaccine for Australians 18 years and older, who completed their last primary dose of a COVID-19 vaccine six months ago (even if they had another vaccine as part of their primary doses). The booster program is expected to begin no later than 8 November, with Australians in aged care and disability expected to be a priority. A booster is not mandatory but will help to maintain the best possible protection against the COVID-19 virus as people get back to doing the things they love. Read more [here](#).

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

### Vaccination of 12 – 15 year olds: resources



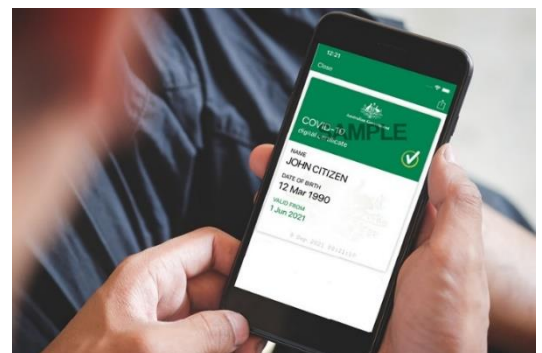
- [COVID vaccination for kids: Your questions answered](#)
- [COVID-19 and children: Frequently asked questions | NCIRS](#)
- [How to speak to kids about COVID-19 vaccines](#)
- [COVID-19 vaccination – Youth community kit](#)
- [COVID-19 vaccination in children and adolescents](#)

### Proof of COVID-19 vaccination

The new [Services Australia Community Services vaccination eKit](#) includes easy read, translated, Indigenous, social media and video resources.

**Your proof of COVID-19 vaccination:**

- Is available through your [myGov](#) Medicare online account, Express Plus Medicare mobile app, My Health Record, the Individual Healthcare Identifiers Service and the Australian Immunisation Register. Read more [here](#).
- Can be **integrated with your Service NSW app** so when you check-in, you can show your vaccination status at the same time. How to video [here](#). Read more [here](#).



COVID-19 vaccination certificate for international travel information [here](#).

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### Restrictions update

#### From 1 November for fully vaccinated or exempt people

- Travel between Greater Sydney and regional NSW permitted.
- No booking limits in hospitality settings, density limits still apply.
- Fully vaccinated [international arrivals](#) who are Australian citizens, permanent residents and their immediate families are not required to undertake home or hotel quarantine. Travellers must have a PCR test prior to departure and provide proof of vaccination status as recognised by the Therapeutic Goods Administration (written in English or accompanied by a certified translation). People arriving in NSW from overseas who are not fully vaccinated must quarantine for 14 days. A cap on arrivals who are not fully vaccinated will apply.
- Fully vaccinated Australians will be able to leave Australia and return. Read more [here](#).



NSW restrictions are expected to ease further from 1 December.

Check the latest [rules](#) and how they apply to you: [NSW roadmap for easing COVID-19 restrictions](#)

Keep up-to-date with the rules for travel to and from NSW [here](#).

### Community sport and Active Kids/Creative Kids program



Now that community sport can resume, Sports Club Administrators should review the [rules](#) and update your Club's [COVID Safety Plan](#).

You may also be eligible for funding under [the Sport and Recreation Recovery and Community Rebuild Package](#).

More information [here](#).

- Don't forget the [Active Kids program](#) which provides two \$100 vouchers for parents, guardians and carers of school-enrolled children towards sport and active recreation costs each year.
- There is also the [Creative Kids program](#) which provides a voucher with a value up to \$100 per calendar year for each student aged 4.5 to 18 years enrolled at school.

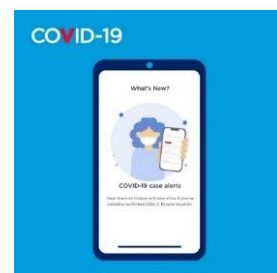
### COVID-19 case alerts in Western Sydney

COVID-19 case alerts are available on the [Service NSW app](#)

If there is a positive COVID-19 case at a venue you attended, a COVID-19 case alert red icon will appear in your COVID Safe Check-in history.

- 1 Log into your Service NSW app
- 2 Tap 'COVID Safe Check-in'
- 3 Tap 'History'

The alert will show the business name and date of the positive COVID-19 case.



If you see a COVID-19 case alert in your history, you should monitor for symptoms unless otherwise advised by NSW Health. If you have any COVID-19 symptoms or feel unwell, get tested immediately and self-isolate.

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Case alerts in the Service NSW app include all venues that the COVID-19 positive person has attended. The information is more comprehensive than what is currently published online [here](#).

The Service NSW app will soon include a feature that sends you a notification if you have been to any venues on the same day as a confirmed case of COVID-19. Update your Service NSW app for the latest features including improvements to COVID-19 case alerts.

NSW Health contact tracers will still reach out as normal to confirmed cases of COVID-19 and close contacts of a confirmed COVID-19 case, as well as those in high-risk settings and locations where transmission has been identified. Updated advice for [confirmed cases](#), [close contacts](#) and [casual contacts](#).

### COVID-19 testing

You can still get COVID-19 if you are fully vaccinated. Get tested if you have any [symptoms](#), even if they are mild. Self-isolate until you receive a negative result.

Find your nearest testing clinic [here](#). These clinics offer the standard COVID-19 (PCR) test.

#### Rapid antigen tests

From 1 November, some [rapid antigen tests](#) will be available for sale for use at home. These tests are quicker than the standard PCR test but do not replace them.

- If you have any symptoms of COVID-19 you must get a standard COVID-19 (PCR) test.
- If you get a positive rapid antigen test you must immediately get a standard COVID-19 (PCR) test and self-isolate until you get a negative result.

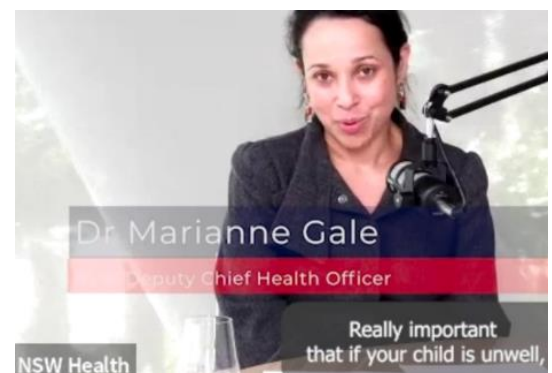
Read more [here](#).



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

#### Keeping schools COVID-19 safe

- An important video message from Deputy Chief Health Officer, Dr Marianne Gale.
- For more information on the latest road map to learning check [here](#)
- **How to talk to your child about a COVID diagnosis ...** and share the news with others. Read more [here](#)



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## NSW Grandparent's Day 31 October



### Be COVID safe this Grandparent's Day

- It's OK for fully vaccinated people to visit family and friends (limits apply). Check the rules [here](#).
- If visiting your Grandparents at home, remember to make careful choices to keep everyone safe. Sit outdoors where possible (backyard or balcony), keep the windows open if indoors, keep your distance, practise hand hygiene and keep your visit short.
- Only visit your grandparent if you are well. Stay home if you are unwell and get tested immediately.

Read more [here](#).

## Living well after lockdown – please share the social media tiles in your digital channels

- In response to community feedback about life after lockdown, we've developed a range of social media tiles with helpful tips for "living well after lockdown."
- Please share the tiles on your social media channels and include in your newsletters where appropriate.

### Tips for COVID-19 safe gatherings



### On your bike!

With easing restrictions comes more places you can ride your bike. Why not take the opportunity to get those last few kilometres for [Biketober](#) or start practicing your route to work ready for [Ride to Work Day](#) on 10 November.

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### Events for Afghan young people (aged 12-25 years)



**Afghan youth poetry & music night:** Friday 29 October 5 – 7pm via Zoom.

**Afghan youth mental health discussion:** Friday 12 November 5 – 7pm via Zoom.

Register [here](#).

### Halloween 31 October

**Celebrating Halloween? Trick or treat in a COVID safe way:**

- Hang individually wrapped treats on your fence or gate, or pop them on a tray outside your house
- Organise a treasure hunt outside to avoid people coming to your house
- Build a “lolly chute” so you can stay 1.5 metres apart from trick-or-treaters.

Keep the streets safe for kids and walk around your neighbourhood. Leave the car at home.



### Diwali 4 November

**Celebrate Diwali in a COVID safe way to keep loved ones and family safe.**

- You can have up to 20 visitors to your home, or gatherings of up to 50 people in an outdoor public place if you are fully vaccinated (visitor limits don't apply for children under the age of 12). If you are not fully vaccinated, different rules apply: you can gather with your household or one other person outside (you cannot visit their place of residence).
- If you go to a place of worship, wear a mask. If you are outdoors, you should still wear a mask when physical distancing isn't possible.
- Stay 1.5 metres away from anyone you don't live with. Although it's hard, it is best to avoid hugging or kissing them.
- If you are going to a restaurant or café, ask to sit at an outdoor table. Remember to check in on arrival and show your proof of COVID-19 vaccination
- Wash your hands regularly or use hand sanitiser, and before preparing or serving food.
- Stay home if you're unwell, get tested and self-isolate until you get a negative COVID-19 result, even if you are feeling better or fully vaccinated. **Wishing you a Happy Diwali!**



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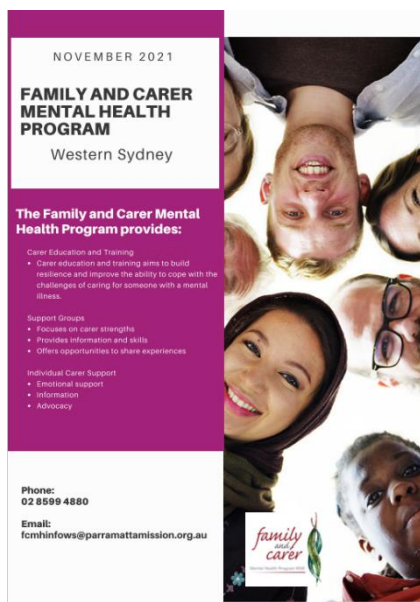
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## Free local mental health support



### Support groups and education and information during November

Parramatta Mission provides a range of services to people with a mental illness and their families and carers. This includes carer education and training, local support groups and individual carer support. See [here](#) for more information.

**Head to Health Pop Up** provides free mental health support for all people in NSW and ACT whose mental health has been impacted due to the COVID-19 pandemic.

We have two clinics available in Western Sydney:

- **Seven Hills:** Unit 29, 20 Tucks Road, Seven Hills
- **Parramatta:** Level 1, 146 Marsden Street, Parramatta

A referral is not required. Call the intake and referral line on 1800 595 212. Read more [here](#).

## COVID-19: Need more information or help?

### Websites:

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

### Who to call:

- National Coronavirus Hotline on 1800 020 080 (24/7) for health questions or to check symptoms
- Older Persons COVID-19 Support Line on 1800 171 866, Mon-Fri (except public holidays), 8.30am-6pm
- Translating & Interpreting Service on 13 14 50 for FREE help in your language
- Service NSW on 13 77 88 (24/7) for non-health related questions
- Beyond Blue on 1800 512 348 (24/7) for mental wellbeing support
- 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 – 28 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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