

## 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



Want to receive the latest information on COVID-19 testing clinic locations, plus free health and wellbeing tips directly to your inbox?

It's quick and easy to [Subscribe](#) for these updates via the new Western Sydney COVID-19 Community Resources website.

### Testing Blitz – Western Sydney

If you live in or have visited the following local government areas (LGAs) or suburbs in the past two weeks, [get tested](#) if you have [COVID-19 symptoms](#), even if they are mild such as a runny nose or scratchy throat.

- Cumberland LGA
- Parramatta LGA
- Mt Druitt suburb [Post for sharing](#).

Join the **Test the West** campaign encouraging testing across Western and South Western Sydney. More information on the Western Sydney testing blitz is available [here](#). [Post for sharing](#).

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

If you have been at the following venues at the stated times, watch for [COVID-19 symptoms](#) and if symptoms occur, get tested immediately and stay home until you get your results.

- **Metro Fuel Greystanes**, 27 August, 3.15-3.35pm
- **Big Bun, 260 Pitt Street Merrylands**, 27 August 3.30-4pm
- **Stockland Merrylands**, 29 August between 9-11am
- **Leaf Café & Co, Lidcombe Shopping Centre**, 31 August 11.30am-1.30pm
- **Bus 810**
  - **Merrylands Park to Parramatta Station**, 27 August, 7.10pm approximately
  - **St Paul's Catholic College Greystanes**, 28 August 3.04pm to Macquarie Rd opposite Boothtown Reserve Greystanes 3.28pm
- **Trains to Lidcombe, Merrylands, Mount Druitt and Parramatta**, between 24 August and 27 August
- **Trains Blacktown to City and City to Blacktown**, 25 and 26 August

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

### COVID-19 school outbreaks in Western Sydney

We understand it may be an anxious time for many students and families who have experienced school closures due to COVID-19 positive people. Our Public Health Unit continues to work with local schools and families to investigate cases, ensuring close contacts are identified, informed and provided advice on isolation requirements.

Please follow the guidance from your school and/or childcare centre in the first instance.

For any other queries or concerns, our Public Health Unit is on hand. **Phone (02) 9840 3603** or email [WSLHD-CentreForPopulationHealth@health.nsw.gov.au](mailto:WSLHD-CentreForPopulationHealth@health.nsw.gov.au)

#### For information:

Western Sydney Local Health District – Centre for Population Health

E: [WSLHD-LLWats@health.nsw.gov.au](mailto:WSLHD-LLWats@health.nsw.gov.au), [WSLHD-munchandmove@health.nsw.gov.au](mailto:WSLHD-munchandmove@health.nsw.gov.au)

[www.healthykidswesternsydney.com.au](http://www.healthykidswesternsydney.com.au)



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### COVID-19 testing

Do you, or someone you know, have a sore/scratchy throat, cough, fever, shortness of breath, loss of smell, loss of taste or unusual aches and pains? Other reported symptoms of COVID-19 include runny nose, headache, diarrhoea, nausea/vomiting, and loss of appetite. Free and confidential COVID-19 testing is available for anyone with symptoms. Call your GP or the Coronavirus Information line on 1800 020 080 for information.

#### Public testing clinics in western Sydney:

<b>Blacktown Hospital</b> 18 Blacktown Road, Blacktown 8am - 11pm, 7 days Phone (02) 9881 8000	<b>Westmead Hospital</b> Level 2, E Block, Corner of Hawkesbury Road and Darcy Road, Westmead 7am - 9pm, 7 days Phone (02) 8890 5555	<b>The Children's Hospital,            Westmead</b> Corner of Hawkesbury Road and Hainsworth Street, Westmead 10am - 8pm, 7 days (02) 9845 0000
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For other clinics in Western Sydney, see [here](#). For clinics across NSW, see [here](#).

### COVID-19 testing clinics in Western Sydney

COVID-19 testing clinics are open for longer and over the weekends as testing is ramped up across Western Sydney. Drive-through clinics at **Auburn, Blacktown Showground, Emerton Leisure Centre and Western Sydney University** provide easy, convenient access to testing.

The Castle Hill Showground COVID-19 drive-through clinic will temporarily relocate from Monday 7 September to Friday 11 September. This clinic will relocate to 12-14 Lexington Drive, Bella Vista. [Post for sharing](#).

Information on testing clinics is available [here](#).

### What to do if someone in your house is getting tested for COVID-19

If someone from your family is being tested for COVID-19, they should isolate from the rest of the family until they receive their test results. If they can't isolate from others in the household, then everyone should also isolate until the test results are confirmed.

More information about how to self-isolate is available [here](#)

### Public Health Orders: What I can and can't do under the rules

It's important to follow current restrictions to help prevent COVID-19 spreading in our community.

- **Residential aged & disability care:** People who live or work in the **Greater Sydney metropolitan area** and Central Coast should not visit residential aged care and disability care facilities until 12 September. More information [here](#).
- **Home care service providers:** Updated locations which require staff to wear a surgical mask while providing services, see [here](#) (as at 25 August).
- **Places of worship:** Exemption allows weddings with up to 150 people, subject to the 4 square metre rule. For places of worship, where there is more than one building on the premises, each building may have up to 100 people (or up to 150 for a wedding). More information [here](#).
- **NSW Victorian border:** From 4 September, a single border region that extends to around 50 kilometres on either side of the border will be reinstated. More information [here](#).

For the latest guidance: [www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules](http://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules)

#### For information:

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### Multicultural Health Week



This year's Multicultural Health Week runs from the 7<sup>th</sup> to the 11<sup>th</sup> of September. This annual event raises awareness of health issues experienced by culturally and linguistically diverse communities and ways of addressing these issues.

The theme for 2020 is: *Health Literacy and Safe Use of Medicines*.  
For more information click [here](#)

### Wester'ly: Digital Inclusion for Western Sydney



Wester'ly is a collaboration of organisations in Western Sydney working to improve access and affordability of digital resources for the local community, especially for educators.

For more information about Wester'ly, click [here](#)

### R U OK? Day

R U OK? Day is Thursday 10 September. It's the national day of action where Australians are reminded to ask, "Are you OK?", if someone is struggling with life's ups and downs.

The key message this year: *Learn what to say after R U OK?*

[Click here](#) to visit the website and download free resources with tips and ideas to help share the message in your community.



### Healthy families



Healthy families are happy families!

Setting healthy eating and physical activity habits today can set kids up to be happier and healthier in the future.

Click [here](#) for fun ways to encourage your family to eat more fruit and veggies, and how to get physically active.

### Community member of the week

Mason (3) and his younger sister Matilda (1) love going to the shops with mum! With so many options in the food court it is best to be prepared when they start to get hungry and tired.

Mum of Mason and Matilda has this trick down pat, always cutting up fresh fruit and vegetables to snack on!

"It is even better with the warmer weather coming because strawberries and watermelon are their favourite!"



### Team girls

Sports build confidence, but did you know by the time girls are 17 years old, nearly 50% have stopped playing sport?

Suncorp Team Girls aims to decrease the drop-out rate of girls playing sports, giving support on and off the court to help build a nation of confident girls!

Find more information [here](#)



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### Child-friendly edible garden



Creating and maintaining a child-friendly edible garden is an enjoyable way to have some fun with children and spend more time outdoors!

When children help grow vegetables, they are also much more likely to eat them!

Find out how to make your very own edible garden [here](#)

### Ramen recipe



Do your children love noodles?

Why not serve them with vegetables as a week-night dinner when you do not have the time to prepare much else!

Find the recipe for quick, easy and healthy ramen [here](#)

### 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 out and hang 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](http://www.healthdirect.gov.au) to check symptoms
- Visit [www.nsw.gov.au/covid-19](http://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 – 7 September 2020.*

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