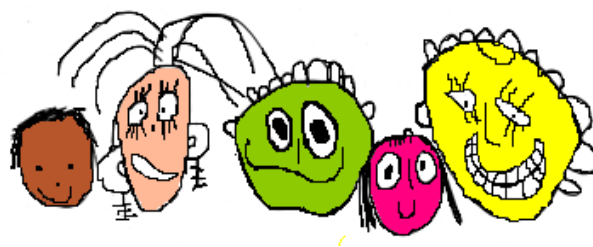


Hamilton Community Pre-School

"Where discoveries, learning and fun connect."



Information Sheets for Parents

Health Fact Sheet

COVID 19 – Corona Virus

Description

Coronaviruses are a large family of viruses known to cause respiratory infections. These can range from the common cold to more serious diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). This new coronavirus originated in Hubei Province, China and the disease is named COVID-19.

How does it spread?

Coronavirus is most likely to spread from person-to-person through:

- Direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared.
- Close contact with a person with a confirmed infection who coughs or sneezes.
- Touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

Incubation period

People who have returned from anywhere overseas are required to self-isolate for 14 days. During this time, you should monitor your health closely. If you develop symptoms including a fever and cough, you should seek medical attention, remembering to call ahead.

People who have been in close contact with a confirmed case of coronavirus should also monitor their health and seek medical advice..

Infectious period

All people who arrive in Australia from midnight 15 March 2020, or think may they have been in close contact with a confirmed case of coronavirus, are required to self-isolate for 14 days.

Exclusion period

Until clearance has been given by a doctor – Certificate required.

Responsibilities of parents

- Keep the child at home if they are feeling well.
- Encourage cough and sneeze etiquette and effective hand hygiene at home.
- Avoid contact between your child and other children, or frail and elderly people, until the child is feeling well.

Controlling the spread of infection

Practising good hand and sneeze/cough hygiene and keeping your distance from others when you are sick is the best defence against most viruses. You should:

- Wash your hands frequently with soap and water, before and after eating, and after going to the toilet.
- Cover your cough and sneeze, dispose of tissues, and wash your hands.
- If unwell, avoid contact with others (stay more than 1.5 metres from people).
- Exercise personal responsibility for social distancing measures.