



## Information Sheets for Parents – Health Fact Sheet

# COVID (Corona Virus)

### National Quality Standard – Quality Area 2

Element 2.1.2 – Health Practices and Procedures – Effective illness and injury management and hygiene practices are promoted and implemented.

#### 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?

Current evidence suggests that the virus spreads mainly between people who are in close contact with each other, for example at a conversational distance. The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. Another person can then contract the virus when infectious particles that pass through the air are inhaled at short range (this is often called short-range aerosol or short-range airborne transmission) or if infectious particles come into direct contact with the eyes, nose, or mouth (droplet transmission).

The virus can also spread in poorly ventilated and/or crowded indoor settings, where people tend to spend longer periods of time.

People may also become infected when touching their eyes, nose or mouth after touching surfaces or objects that have been contaminated by the virus.

#### If showing symptoms:

If you have any COVID-19 symptoms, even if mild and you are fully vaccinated, use a **rapid antigen test** immediately. It is recommended that if testing positive after a Rapid Antigen Test, then consider having a PCR test to confirm the result. If the result/s are positive then you are required to self-isolate for 7 days.

You should monitor your health closely. People who have been in close contact with a confirmed case of coronavirus should also monitor their health and if showing symptoms be tested.

Use this resource to check symptoms: <https://www.healthdirect.gov.au/symptom-checker/tool/basic-details>

**Incubation period:**

The COVID-19 incubation period, which is the time between when a person is exposed to the virus and when their symptoms first appear, ranges from 1 to 14 days. Most people develop symptoms 5 to 6 days after being in contact with a person with COVID-19.

Australia's national COVID-19 public health guidelines use a 14-day incubation period to inform many public health measures, such as quarantine and isolation.

**Infectious period:**

If you think that you may have been in close contact with a confirmed case of coronavirus, are required to be tested, register your result if positive and then self-isolate for 7 days.

**Responsibilities of parents:**

- Keep the child at home if they are feeling unwell, if showing symptoms get them tested.
- If the result is positive, notify the Pre-School and self-isolate for 7 days.
- 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
- Wear a mask
- Be fully vaccinated and continue with the booster shots
- Exercise personal responsibility for social distancing measures

For more detailed information on covid, please visit NSW Health at:

<https://www.health.nsw.gov.au/Infectious/covid-19>