

## Memo from the Principal Coronavirus (COVID-19)

Dear Parents

I write to you to update you on the Coronavirus (COVID-19) and how the College is managing the situation. I am sure you are at a point where you have had information overload, but I provide the following summary for you, as succinctly as possible and most of the information is harvested from the Department of Education and the Department of Health.

You can access more information if you require it on the WA Department of Health website.

While the Department of Health advises that the risk of transmission in Western Australia remains low; they are monitoring the situation and we are acting on their advice to take any necessary precautions for schools and our staff. The current focus is on preparation in advance of COVID-19 and precautions that can be put in place to slow its transmission.

It is important that as a school community we apply a common sense, factual and practical approach to COVID-19.

### Who can attend school?

Students or staff who have travelled to or transited through other countries (excluding China, Iran, Republic of Korea) can attend school. If students or staff display symptoms (see information below) they should not attend school and seek medical advice.

All returned travelers who have travelled in or transited through “higher risk” countries or a country considered to pose a “moderate risk” of transmission in the last 14 days should self-monitor for symptoms and immediately isolate themselves if they become unwell.

Higher Risk	Moderate Risk
<p><b><i>Can attend school, but self-monitor</i></b></p> <ul style="list-style-type: none"> <li>• Italy</li> </ul> <p><b><i>Must isolate for 14 days prior to attending</i></b></p> <ul style="list-style-type: none"> <li>• Mainland China</li> <li>• Iran</li> <li>• Republic of Korea</li> </ul>	<p><b><i>Can attend school, but self-monitor</i></b></p> <ul style="list-style-type: none"> <li>• Cambodia</li> <li>• Hong Kong</li> <li>• Indonesia (including Bali)</li> <li>• Japan</li> <li>• Singapore</li> <li>• Thailand</li> </ul>

The most up to date list can be accessed at:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/ohp-covid-19-countries.htm>

### International travel

#### *School Excursions*

All international school excursions in Western Australian schools have been banned (this now includes the USA and Canada) until further notice, except for travel to New Zealand (providing it does not transit through Asia).

## How can I protect myself and others against COVID-19?

- Frequently washing your hands for at least 20 seconds with soap and water, or using an alcohol-based hand gel
- Refraining from touching mouth and nose
- If coughing or sneezing, covering your nose and mouth with a paper tissue or flexed elbow.
- Dispose of the tissue immediately after use and perform hand hygiene and
- Avoiding close contact with anyone if you, or they, have a cold or flu-like symptoms (maintain a distance of at least 1 metre).

## How is COVID-19 spread?

COVID-19 is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious;
- close contact with a person with a confirmed infection who coughs or sneezes; or
- 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.

Most infections are only transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath.

## Face masks

WA Health does not recommend the use of face masks for the general public to prevent the risk of contracting COVID-19. See the Australian Government fact sheet 'Information on the use of surgical masks' for further information, available at:

<https://www.health.gov.au/resources/publications/novel-coronavirus-COVID-19-information-on-the-use-of-surgical-masks>

## COVID-19 symptoms

Most people infected with COVID-19 experience mild symptoms and recover. However, some go on to experience more serious illness and may require hospital care. Risk of serious illness rises with age: people over 40 seem to be more vulnerable than those under 40. People with weakened immune systems and people with conditions such as diabetes, heart and lung disease are also more vulnerable to serious illness.

People with COVID-19 may experience:

- fever
- flu-like symptoms such as coughing, sore throat and fatigue; or
- shortness of breath.

If you are concerned at all about any of these symptoms, we recommend that you visit your GP.

## Support and advice

Further information is available at [www.healthywa.wa.gov.au/coronavirus](http://www.healthywa.wa.gov.au/coronavirus) or the healthdirect helpline on **1800 020 080** for more information on the virus and its symptoms.

- [Information for parents and schools](#)
- [Information for employees](#)
- [Advice for schools about self-isolation requirements](#)