

## Oaklynn Community Health Update # 1 12/03/2020

Dear Parents, whānau and carers,

### COVID -19

In light of the COVID-19 virus now established as a pandemic, we would like to inform you as to how we will manage all health issues as of now. It is important to note that maintaining general health is very important in minimising the impact this virus may have on a person.

*Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS). A Novel Coronavirus is a new strain of Coronavirus that hasn't previously been identified in humans.*

*In January 2020 officials identified a new Coronavirus, COVID-19.*

### The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Shortness of breath is a sign of possible pneumonia and requires immediate medical attention

### GOOD HYGIENE PRACTICES

As with other respiratory illnesses, it's important to continue to practice good preventative measures, particularly good hygiene such as:

- Washing hands with soap and water for 20 seconds before and after eating as well as after attending the toilet. Making sure that hands are dried properly.
- Covering coughs and sneezes with clean tissues or with an elbow.
- Putting used tissues in the bin.
- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes.
- Discourage the child from touching their eyes, nose, and mouth.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly to develop a strong immune system for fighting off illness.
- Staying home if unwell

## **GENERAL GUIDELINES**

1. Please keep your child at home if he/she is presenting with any of the above symptoms or are generally not well.
2. If your child has a fever he/she will be sent home immediately.
3. It is very important to be contactable during the day and to pick your child up from school when requested to do so.
4. Please keep the school informed if your child is away due to illness.
5. If your child has Diarrhoea, you must please keep your child home. Your child will be able to return to school 24 hours after it has stopped.
6. If you are uncertain as to what your next step should be, contact the public health Nurse.