



Personal Hygiene Best Practices

What are the best ways to prevent the spread of viruses at home and at school?

Practising good hand hygiene and sneeze/cough hygiene is the best defence against most viruses. Our Healthcare Centre Nurses will be reminding students to continue to observe the following advice, on and off-campus:

- **Wash hands frequently** with soap and water, after coughing or sneezing, before and after eating, and after going to the toilet.
- **Cover coughs and sneezes** with a tissue or by coughing/sneezing into your elbow.
- **Dispose of used tissues immediately**
- **Use alcohol-based hand sanitiser***.
- **Avoid unnecessary contact with others** through touching, kissing, hugging, handshaking and other intimate contact.
- **Avoid touching your eyes, nose or mouth.**
- **Do not share drink bottles or food.**

* Hand sanitiser is available for students, staff and parents at the main Reception, all school offices, classrooms, Out of School Hours Care (OSHC), the Aquatic Centre and Gymnasium.

If a student has a cough/cold but hasn't had any contact with a potentially-infected person, can she still come to school?

No. As per normal procedures, your daughter must not attend school or school-related activities, on or off campus, until she is well. If she has cough, cold or flu symptoms, she needs to rest and recover at home. If you are concerned about your daughter's health, please see your doctor.

Where can I find the latest health information on COVID-19?

The Department of Health has posted several publications here:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>

The World Health Organisation's advice for the public can be found here:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

The Australian Government has a dedicated COVID-19 Health Information Line, which operates 24 hours a day, seven days a week: **1800 020 080**

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