

COVID-19 (CORONAVIRUS) – ADVICE FOR STUDENTS AND FAMILIES

You will no doubt be aware of the situation facing Victorians in light of the COVID-19 virus. Without wanting to cause unnecessary alarm, the Department of Education and Training has issued initial advice for school communities in accordance with guidelines issued by the Department of Health and Human Services and other health authorities.

Many people who contract COVID-19 will suffer only mild symptoms. However early indications are that the elderly and people with pre-existing medical conditions are more at risk of experiencing severe symptoms.

The most common symptoms reported include fever, breathing difficulties, cough, sore throat, fatigue or tiredness.

If you are concerned that you may have COVID-19 symptoms, or you have been in close contact with a confirmed case, seek medical advice or call the dedicated Hotline on 1800 675 398 and please also advise the college.

According to health authorities 'close contact' is defined as having – within the last 14 days – at least 15 minutes of face-to-face contact or the sharing of a closed space for more than two hours with someone who has been tested and confirmed as having COVID-19.

There is no need to self-isolate unless you have been identified by health authorities as being in close contact with someone who has a confirmed case of COVID-19.

Students who are well are expected to attend school as normal.

PCSSC is following the advice of health authorities and monitoring regular updates from the Department of Education and Training and will respond quickly and appropriately if the need arises. The safety of the college community is paramount.

Prevention

Right now there are many things we can do as a college community to reduce the risk to students and staff, the most important being good respiratory hygiene practices:

[Ten ways to reduce your risk of coronavirus.](#)

- Cover your nose and mouth with a tissue when coughing or sneezing.
- Dispose of tissues in a bin and wash your hands with soap and water.
- Cough or sneeze into your elbow if you don't have a tissue.
- Wash your hands regularly, after using the toilet and before eating. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Familiarise yourself with infection prevention information:
https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html