

# COVID-19 Family Bulletin

**Information for child care services, family day care services and primary schools in south west Sydney.**

This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.

## Case alerts

There are currently many COVID-19 case locations in the South Western Sydney Local Health District. The COVID-19 virus is spreading, particularly in the Fairfield, Liverpool and Canterbury-Bankstown Local Government Areas.

### How to find latest COVID case locations:

Check if you have visited a location with a confirmed COVID-19 case in the past 14 days and follow the NSW Health advice. You can find out about new COVID-19 case locations by:

- Viewing the list or using the interactive map on the NSW Health [website](#)
- Following NSW Health on [Facebook](#)

### What is a close contact?

A close contact is someone who has been close to a person with infectious COVID-19 and might have become infected with the COVID-19 virus. You may be contacted by NSW Health if you are considered as a close contact. Click [here](#) to read more about what a close contact means.

**COVID-19 case alerts**

Scan this QR code for the latest COVID-19 case locations

**Close Contact or Casual Contact?**

If you have been identified as a **close contact** or **casual contact**, self isolate and get tested.

phn  
SOUTH WESTERN SYDNEY  
An Australian Government Initiative

Confused about close contact or casual contact?  
See [here](#) for information.

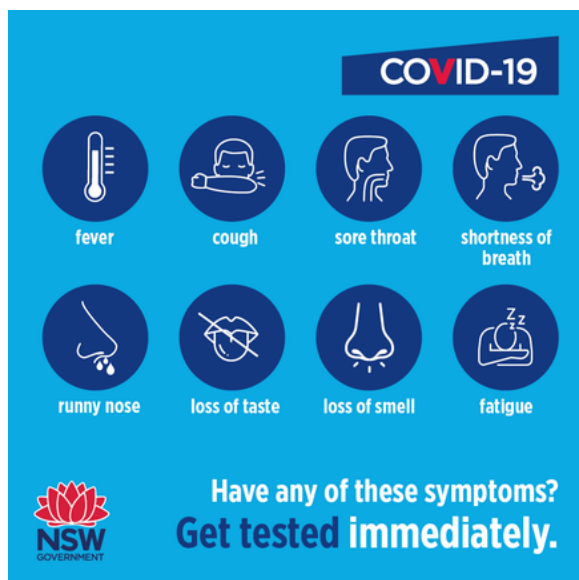
**Information is current at date of issue - 12 August 2021**



# COVID-19 Family Bulletin

Information for child care services, family day care services and primary schools in south west Sydney.

This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.



**COVID-19**

fever cough sore throat shortness of breath

runny nose loss of taste loss of smell fatigue

Have any of these symptoms?  
**Get tested immediately.**

NSW GOVERNMENT

**If you have any symptoms, you must immediately go and get tested. You must not go to work if you have symptoms, even if you are an authorised worker.**

## NSW Restrictions

**Stay at home orders will remain in place until Saturday, 28 August at 12.01am across Greater Sydney.**

### Restrictions update

From 5pm on Thursday 12 August 2021, residents of the Local Government Areas of concern (Bayside\*, Blacktown, Burwood, Campbelltown, Canterbury-Bankstown, Cumberland, Fairfield, Georges River, Liverpool, Parramatta, Penrith\* and Strathfield) will be subject to exercise, mask and shopping rules.

\*selected suburbs within LGA

- Exercise, outdoor recreation and singles bubble visits must be done within 5kms of the person's home;
- Individuals cannot travel more than 5kms from home for shopping, unless the goods or services are not readily available in that area; and
- Masks must be worn at all times outside the home regardless of proximity to others.
- Only authorised workers in these eight LGAs may leave their LGA for work, see [link](#) for more information.
- Click [here](#) for more information

### UPDATED RESTRICTIONS FOR BURWOOD, STRATHFIELD AND BAYSIDE LGA



- Banksia
- Bexley
- Botany
- Brighton-Le-Sands
- Burwood
- Kogarah
- Mascot
- Rockdale
- Sans Souci
- Strathfield

12 August 2021  
[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)



**Information is current at date of issue - 12 August 2021**

# COVID-19 Family Bulletin

Information for child care services, family day care services and primary schools in south west Sydney.

This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.

## Vaccination information

### Drop-in and get vaccinated

We are encouraging you all to come to the Prairiewood Vaccination Clinic and get your vaccination to protect yourself, your loved ones and your families.

Where: 194-222 Restwell Road, Prairiewood

When: 8:00am to 4:30pm, 7 days

Anyone over the age of 18 can drop-in at any time. You don't have to make an appointment. Check your eligibility [here](#). Read more [here](#).

Bring your Driver Licence and Medicare card.

Stay home, stay safe, stay strong

**Do it for yourself, your family, your friends and your community. Do it for us.**

For more COVID-19 vaccination information and latest updates:

- SWSLHD vaccination community rollout and clinics [here](#)
- SWSLHD walk-in clinics [here](#)
- Find out more about COVID-19 vaccination in NSW [here](#)

Stay up to date with the latest national vaccine news [here](#), information is available in 63 languages.

### Coronavirus (COVID-19)

## Walk-in AstraZeneca COVID-19 Vaccination Clinic

194-222 Restwell Road, Prairiewood  
8am to 4.30pm, 7 days

South Western Sydney Local Health District



Information is current at date of issue - 12 August 2021



# COVID-19 Family Bulletin

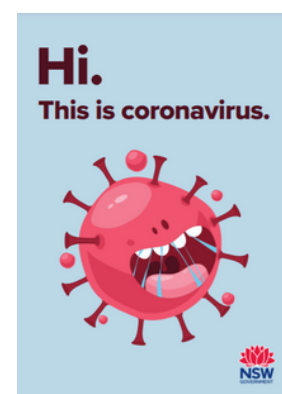
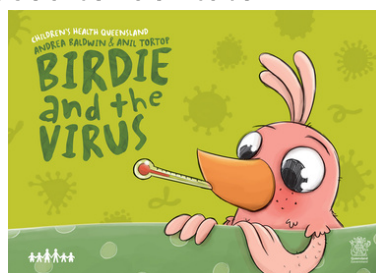
**Information for child care services, family day care services and primary schools in south west Sydney.**

This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.

## Explaining COVID-19 to children

Talking to younger children about COVID-19 can be challenging for parents. It is important to continue to educate children about the disease and how we can prevent the spread. These resources can be used to facilitate learning at home with parents:

- [Birdie and the virus](#)
- [Talking to your child](#)
- [COVID-19 Children's book](#)



## Staying active at home

### Family activity - cooking with kids and teenagers

Cooking with kids can encourage an interest in food, healthy eating habits and skills for life. Here are some ideas:

- Young children - washing fruit and vegetables, handing over utensils, counting and gathering ingredients.
- Older children - chopping/mashing fruit and vegetables, pack lunchboxes.
- Teenagers - introduce more creative recipes and ask them to plan a family meal.



## Mental support

### Mental Health Education Session: Parents, Carers & Community Members

HeadSpace National is hosting free online mental health education sessions and they are inviting parents, carers, and community members in South West Sydney. These sessions strengthen your understanding and skills in how to cope and where to find help, and much more.

Date: 17 August 2021

Time: 12 - 1pm

Register [here](#)

Need more information? E-mail: [headspaceSchools@headspace.org.au](mailto:headspaceSchools@headspace.org.au)

**Information is current at date of issue - 12 August 2021**

**Information for child care services, family day care services and primary schools in south west Sydney.**

This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.

## Translated COVID information

### COVID-19 Translated videos

[Here](#) are messages from our community leaders you can share with our family and wider community.

### Translated daily COVID-19 updates

SBS is now providing a live translation service of the daily NSW Government COVID-19 press conference at 11am. Languages include Arabic and Vietnamese. Read more [here](#).

### حافظ على سلامتك وسلامة أحبائك

- تجنب التجمعات العائلية الكبيرة
- حافظ على مسافة 1.5 متر بينك وبين الآخرين
- داوم على غسل يديك
- اسعل أو اعطس في كمام العلوي أو كوعك
- اخضع للفحص إذا شعرت بالتووعك



للحصول على قائمة عيادات فحص فيروس كورونا  
(كوفيد - 19) تصفح الموقع الإلكتروني التالي:  
<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested

### هل تشعر بالتووعك؟ تجنب التجمعات العائلية الكبيرة واخضع للفحص فوراً.

وإذا كنت تنتمي إلى أسرة كبيرة تنتمي بدورها إلى عائلة  
أكبر، فأعظم ما يمكنك القيام به حفاظاً على سلامتك  
وسلامتهم في ظل الظروف الراهنة هو تجنب الاختلاط بهم.



للحصول على قائمة عيادات فحص الكشف عن الإصابة  
بفيروس كورونا تصفح الموقع الإلكتروني التالي:  
<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested

### بصحة جيدة، كتمتة جتة هلبتة جتة، جتة.

- كتمتة جتة، كتمتة جتة، كتمتة جتة
- بصحة، 1.5 جتة جتة، كتمتة جتة
- بيلكم، كتمتة، كتمتة
- كتمتة، كتمتة، كتمتة
- كتمتة، كتمتة، كتمتة



كتمتة جتة، كتمتة جتة، كتمتة جتة  
بصحة، كتمتة، كتمتة  
<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested

### كتمتة جتة، كتمتة جتة، كتمتة جتة، كتمتة جتة، كتمتة جتة، كتمتة جتة، كتمتة جتة، كتمتة جتة.

كتمتة جتة، كتمتة جتة، كتمتة جتة  
كتمتة جتة، كتمتة جتة، كتمتة جتة  
كتمتة جتة، كتمتة جتة، كتمتة جتة  
كتمتة جتة، كتمتة جتة، كتمتة جتة.



كتمتة جتة، كتمتة جتة، كتمتة جتة  
بصحة، كتمتة، كتمتة  
<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested



# COVID-19 Family Bulletin

Information for child care services, family day care services and primary schools in south west Sydney.

This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.

## 确保您和您的亲人至爱安全

- 不要出席大型的家庭聚会
- 和其他人保持 1.5 米的距离
- 勤洗手
- 咳嗽和打喷嚏时用肘部盖住口鼻
- 感到不适就去做检测

查阅 COVID-19 测试诊所列表请浏览:

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#保持安全 #接受检测



## 感觉身体不适吗? 请避免大型的家庭集会, 并立刻接受检测。

如果您的家庭成员众多, 暂时避免与家人相聚是爱家人最好的表现。

请浏览以下网页, 查询新冠病毒肺炎检测诊所清单:

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested



## រក្សាខ្លួនអ្នក និងមនុស្សជាទីស្រឡាញ់របស់អ្នកឱ្យមានសុវត្ថិភាព។

- កុំចូលរួមក្នុងការប្រមូលផ្តុំគ្រួសារធំ
- រក្សាគម្លាត ១.៥ម៉ែត្រ ពីអ្នកផ្សេងទៀត
- លាងសម្អាតដៃរបស់អ្នក
- ក្អក និងកណ្តាស់ទៅក្នុងកែងដៃរបស់អ្នក
- ប្រសិនបើអ្នកមានអារម្មណ៍មិនស្រួល សូមធ្វើតេស្ត

សម្រាប់បញ្ជីគ្លីនិកធ្វើតេស្តជំងឺ COVID-19 សូមចូលមើល៖

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested



## តើមានអារម្មណ៍មិនស្រួលខ្លួនឬ? សូមជៀសវាងការប្រមូលផ្តុំគ្រួសារធំហើយធ្វើតេស្តភ្លាមៗ។

ប្រសិនបើអ្នកជាផ្នែកនៃគ្រួសារដ៏ធំមួយ ដែលមានសមាជិកច្រើននាក់រស់នៅជុំគ្នា ការរក្សាខ្លួនឱ្យនៅឆ្ងាយពីគ្នា អាចជាទង្វើនៃក្តីស្រឡាញ់ដ៏អស្ចារ្យបំផុត។

សម្រាប់បញ្ជីគ្លីនិកធ្វើតេស្តជំងឺ COVID-19 សូមចូលមើល៖

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#staysafe #gettested



## Hãy giữ cho quý vị và những người thân yêu của quý vị được an toàn

- Đừng dự những cuộc tụ họp lớn của gia đình
- Giữ khoảng cách xa 1.5 mét với những người khác
- Rửa tay
- Ho và hắt hơi vào khuỷu tay quý vị
- Nếu quý vị cảm thấy không khỏe, hãy được xét nghiệm

Để có danh sách các phòng khám chữa bệnh có xét nghiệm COVID-19 hãy viếng thăm:

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#hãygiữchomìnhan toàn #hãydurocxétng hiệ m



## Cảm thấy không khỏe? Hãy tránh những cuộc tập họp gia đình đông đảo và được xét nghiệm ngay tức thì.

Nếu quý vị là một phần của một gia đình đông người, rộng lớn, đừng tránh ra xa có thể là hành động yêu thương lớn nhất.

Để có danh sách các phòng khám chữa bệnh có xét nghiệm COVID-19 hãy viếng thăm:

<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics>  
#hãygiữchomìnhan toàn #hãydurocxétng hiệ m

