

4 Tips to help protect you from Covid -19 Coronavirus



Wash hands – often

Use soap and water and wash for at least 20seconds prior to entering or leaving a public space or your home, and always prior to eating.



Avoid close contact

Keep 1.5metres from others to limit infection from a sneeze or cough. Always sneeze or cough into a clean tissue (dispose immediately) or into your elbow



Don't touch your face

This virus can not move on it's own or enter through your skin. Touching your mouth, nose, eyes with the virus on your hand can infect you.



If you are sick – stay home

By self isolating, we all have a better chance of ensuring this virus will not continue to spread.



Infographic by Australian Council of State School Organisations Ltd with information from ehealth.org and other health orgs.

COVID-19 references for Parents

The Commonwealth Department of Education updates its fact sheets [here](#).

The state and territory education department COVID-19 information pages are behind the following links. Please remember these links may be frequently updated, as public policy changes almost daily.

- [Australian Capital Territory](#)
- [New South Wales](#)
- [Northern Territory](#)
- [Queensland](#)
- [South Australia](#)
- [Tasmania](#)
- [Victoria](#)
- [Western Australia](#)

World Health Organisation advice:

- [Coronavirus disease \(COVID-19\)](#)
- [Coronavirus disease advice for the public – Myth busters](#)

The Australian Health Department is recommending Dr Michelle Dickinson's explainer videos for children [here](#), and for parents, on how to make effective soap washes, [here](#).

At this point, children have shown a high resistance to this strain of novel coronavirus, with kids aged 10 years or younger representing [fewer than 1%](#) of cases worldwide and none of the fatalities.

Can you hold your AGM or fete?

What about the uniform shop?

Many parent groups have been looking for information to guide them about whether scheduled public meetings, fundraising events, or school-based businesses are affected.

ACSSO's advice is that you contact your state or territory office for parent bodies with your concerns, as each school community may have different needs. Our affiliate members are listed [here](#).

For events like an AGM, you will also need to check what your Constitution allows by way of postponement or remote attendance, if necessary.

Below is some information from [P&Cs Queensland](#) and [WACSSO](#) which we provide by way of **example**.

Adaption from ACSSO March 2020 Newsletter, for full issue please [click here](#)