



**ST HILDA'S SCHOOL
GOLD COAST**

11 February 2020

RETURN-TO-SCHOOL STUDENT HEALTH UPDATE #4

Dear Parents and Carers,

This week we are pleased to be welcoming back to classes many students whose travel, prior to school commencement, dictated (under public health instruction) that they needed to be in isolation for 14 days.

I would like to take this opportunity to thank all in our School community who have been involved with caring or supporting students and their families during this time.

The Gold Coast Primary Health Care Network continues to publish highly relevant information, and included below for your information is advice on managing novel coronavirus, support for the Chinese community, and links to other useful resources.

Public Health information

- Everyone should continue their normal daily routines, except for the small portion of the community recently returned or arriving from mainland China (including Hong Kong). These people should self-isolate for 14 days from the date they left China. Self-isolation means staying at home and not accepting any visitors.
- Face masks – only people who have returned from mainland China (including Hong Kong) and are unwell should consider wearing a face mask. A mask is not necessary for anyone else who does not have symptoms.
- Testing – it is important to understand that testing is of no benefit for people without symptoms. Anyone who has been to China or Hong Kong (or been in contact with someone who has been there) within the past 14 days and is showing symptoms should immediately get assessed whether they need to be tested for novel coronavirus.
- Contact is defined as anyone who has had more than 15 minutes face-to-face contact or more than two hours contact in an enclosed space.
- Novel coronavirus is transmitted from person to person, usually when an infected person coughs or sneezes. Transmission may occur from contaminated surfaces, so it is important to frequently wash your hands. Where possible, stay one metre away from people coughing or sneezing.
- People with outpatient or specialist appointments should attend these as an important part of their healthcare. Gold Coast Health has a high level of infection control to ensure our facilities are a safe place for patients, staff and visitors.
- Further information can be obtained by calling 13HEALTH (**13 43 25 84**)

Telephone (+61 7) 5532 4922 Facsimile (+61 7) 5591 5352 Email principal@sthildas.qld.edu.au 52 High Street, Southport
Correspondence to: PO Box 290 Southport 4215 Queensland Australia ABN 24 459 030 832 www.sthildas.qld.edu.au
The Corporation of the Synod of the Diocese of Brisbane trading as St Hilda's School Registered CRICOS Provider No. 00510M



LOVE COMPASSION FORGIVENESS HOPE GRACE

Support for the Chinese community on the Gold Coast

We appreciate there may be people in our local Chinese community who are feeling stressed at the present time. If you are experiencing any mental health concerns please contact your GP as soon as possible for support and advice.

- If you are unable to get to a GP, call 1300 MH CALL (**1300 64 2255**) for specialist mental health care and support over the phone.
- The service is available 24 hours, 7 days a week and the team will advise and direct you to the appropriate support you may need.
- The service is free of charge and confidential.
- A phone interpreter will be provided if required free of charge.

Access to the latest resources and information

- GCPHN have a dedicated [page here](#) which is updated each day
- Queensland Health has launched a [web page](#) with information for both healthcare workers and the public
- The latest information from the Department of Health is [available here](#)

Gold Coast Primary Health Network is aware this is a rapidly evolving issue and will continue to provide the latest information on novel coronavirus (2019-nCoV) as it becomes available.

Parents of returning students are asked to remain in contact with class teachers in order to assist a smooth transition back to School.

Yours sincerely

Wendy Lauman
AACM(Td), BEd, GradCertTh, MEd, AIMM, MACEL
Interim Principal