



COVID-19 Communication 01

4 March 2020

For reliable government updates on Coronavirus (COVID-19) go to
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Dear Families

We are all aware that the COVID-19 virus is spreading internationally. The World Health Organisation (WHO) still believes that it need not progress to the pandemic stage. However, the Australian government has enacted measures to prepare for the worst-case scenario. That does not mean that they believe it will happen, but want to be prepared.

One of the best protections we have against the spread of a virus is washing hands. A typical spread cycle occurs when a virus is coughed onto a hand or the hand touches an affected surface. The now affected hand touches another surface or door handle placing the virus onto it. If someone else touches the surface the virus spreads onto their hands. When they touch food before they eat or touch their face the virus enters their body.

While it is believed that this particular virus does not live in open air for long periods, places with a high density of people spread the virus quickly – as it lives on surfaces that are touched regularly by others. Schools are high-density people places, so we want to train our students to take care with their hands and not spread or acquire any infection.

We will be encouraging the students to:

- cough into your elbow (keep viruses off your hands)
- wash hands with soap particularly before food preparation – you don't need lots of soap or special soap but take 20 seconds rubbing hands together including the back of the hands and nails (sing Happy Birthday twice or recite the alphabet)
- don't touch others' hands / refrain from personal touch
- refrain from touching your face - reducing face touching (especially the mouth, nose and eyes) will help.

Could you please reinforce this at home with words and actions? Both home and school saying the same thing is a powerful reminder.

If any of your immediate family members have been travelling overseas in the last two weeks could you please email the College office@pvcc.vic.edu.au? This will help us respond to your child if there are any symptoms.

Thank you for your assistance.

John Metcalfe

Principal