



TE KURA O HATO HOHEPA
TE KĀMURA
St Joseph's Catholic School

23 March 2020

Tēnā Koutou e ngā mātua

Re COVID-19 (Coronavirus) UPDATE

I really appreciate how you are all responding to what are very uncertain times. Unfortunately, the situation is going to remain uncertain for some time yet.

It is important to maintain contact with colleagues and help one another. Everybody is facing tough decisions; talking those through with each other is a powerful act to help you, and you will be helping them too. We will do our very best to help and we know you will also help each other.

Staffing absences:

The Ministry of Education has received a number of enquiries seeking guidance for schools with a proportion of staff who are impacted by the COVID-19 Level 2 Alert announced yesterday - staff and students who are over 70 years of age and those with compromised immunity and certain existing medical conditions are asked to remain at home as much as they can from now on and avoid any non-essential travel.

Advice from the Ministry of Education states where *Te Kura o Hato Hōhepa Te Kāmura* does not have enough teaching staff to safely deliver learning to all year levels, I will need to consider a range of options and could include;

- Offer supervision of some classes using non-teaching staff (who have been safety checked) – use those teachers who can work from home to set learning for them and could potentially offer support online back to the class, undertake marking etc.
- Implement your distance learning/online learning plans for some classes or year levels – again teaching staff working from home can support their learning at home

In addition to the advice above:

- My leadership team is working overtime to get the distance learning / online learning out to all whanau as a pre-cautionary measure and option. I already have a number of teaching staff and other staff who are self-isolating because of being vulnerable people due to existing health conditions.
- This week we will be sending out the *Te Kura o Hato Hōhepa Te Kāmura* Distance/ Digital / Virtual Teaching & Learning Guidelines, Chromebook/iPad care & safety, Caring for Device expectations
- Chromebook/iPads will be deployed on the day of receipt of your indemnity form. Please sign and return promptly i.e. day following receipt

Because of the New Zealand Government's Stage 2 Alert for pandemic, within the school pandemic plan includes not inviting any groups into the school or taking groups out of the school.

I understand that these are disconcerting times for us all. I am glad we have high calibre staff on our team as we navigate these times moving forward together. The safety of our tamariki and yours is our priority. I am carefully introducing measures to support ongoing health & safety of school and community.

We are postponing all transition to school visits until further notice. All school trips, EOTC and excursions postponed until further notice.

All staff now require the Principals approval to leave the school site during hours of work. We are working hard to minimize unnecessary travel and contact as a preventative measure.

Vulnerable people

Information about who is considered vulnerable has been updated today on the COVID-19.govt.nz website and is as follows:

At risk people include:

- Those over 70: Older people often have underlying health issues, including respiratory issues that make them more vulnerable to COVID-19.
- People with medical conditions: Underlying medical conditions can make you more vulnerable to COVID-19. In particular, people with respiratory conditions such as COPD (Chronic Obstructive Pulmonary Disease), heart conditions, high blood pressure, kidney problems and diabetes.
- People undergoing a treatment for cancer and blood conditions: As treatments for cancer and blood conditions affect people's immune systems, this makes them more vulnerable to COVID-19.
- Pregnant women: Health experts do not yet know if pregnant women are impacted by COVID-19 in the same way as other people. However, pregnant women experience changes in their bodies that may increase their risk from some infections.
- People without easy access to healthcare

Kia tau ngā manaakitanga o te runga rawa ki runga i a tātou katoa.

Noho ora mai



Mereana Anderson
Principal



Sarah Morunga
Board of Trustees Chairperson

COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.



Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

New Zealand COVID-19 Alert Levels

Unite
against
COVID-19

- These alert levels specify the public health and social measures to be taken.
- The alert levels may be applied at a town, city, territorial local authority, regional or national level.
- The measures may be updated on the basis of (i) new scientific knowledge about COVID-19 and (ii) information about the effectiveness of intervention measures in New Zealand and elsewhere.
- In general, the alert levels are cumulative, e.g. Level 1 is a base-level response. Always prepare for the next level.
- At all levels, health services, emergency services, utilities and goods transport, and other essential services, operations and staff, are expected to remain up and running. Employers in those sectors must continue to meet their health and safety obligations.

LEVEL

RISK ASSESSMENT

RANGE OF MEASURES (can be applied locally or nationally)

Level 4 - Eliminate

Likely that disease is not contained

- Sustained and intensive transmission
- Widespread outbreaks

- People instructed to stay at home
- Educational facilities closed
- Businesses closed except for essential services (e.g. supermarkets, pharmacies, clinics) and lifeline utilities
- Rationing of supplies and requisitioning of facilities
- Travel severely limited
- Major reprioritisation of healthcare services

Level 3 - Restrict

Heightened risk that disease is not contained

- Community transmission occurring OR
- Multiple clusters break out

- Travel in areas with clusters or community transmission limited
- Affected educational facilities closed
- Mass gatherings cancelled
- Public venues closed (e.g. libraries, museums, cinemas, food courts, gyms, pools, amusement parks)
- Alternative ways of working required and some non-essential businesses should close
- Non face-to-face primary care consultations
- Non acute (elective) services and procedures in hospitals deferred and healthcare staff reprioritised

Level 2 - Reduce

Disease is contained, but risks of community transmission growing

- High risk of importing COVID-19 OR
- Uptick in imported cases OR
- Uptick in household transmission OR
- Single or isolated cluster outbreak

- Entry border measures maximised
- Further restrictions on mass gatherings
- Physical distancing on public transport (e.g. leave the seat next to you empty if you can)
- Limit non-essential travel around New Zealand
- Employers start alternative ways of working if possible (e.g. remote working, shift-based working, physical distancing within the workplace, staggering meal breaks, flexible leave arrangements)
- Business continuity plans activated
- High-risk people advised to remain at home (e.g. those over 70 or those with other existing medical conditions)

Level 1 - Prepare

Disease is contained

- Heightened risk of importing COVID-19 OR
- Sporadic imported cases OR
- Isolated household transmission associated with imported cases

- Border entry measures to minimise risk of importing COVID-19 cases applied
- Contact tracing
- Stringent self-isolation and quarantine
- Intensive testing for COVID-19
- Physical distancing encouraged
- Mass gatherings over 500 cancelled
- Stay home if you're sick, report flu-like symptoms
- Wash and dry hands, cough into elbow, don't touch your face

Infection prevention and control advice in the community when COVID-19 infection is suspected

21 February 2020

Basic hygiene measures are the most important way to stop the spread of infections, including the 2019 novel coronavirus (COVID-19). Basic hygiene measures include:

- Hand hygiene – that is, washing hands regularly with soap and water, or cleansing with hand sanitiser¹
- staying at home if you are sick
- coughing or sneezing into a tissue or your elbow and then performing hand hygiene
- cleaning surfaces regularly.

The use of personal protective equipment (PPE), such as face masks can reduce the spread of infection when used correctly and in the appropriate context. This may be recommended in workplaces where people are more likely to come in contact with the disease.

General population

For **most people** in the community, PPE such as face masks are not recommended. However, for people with symptoms of an acute respiratory infection, the WHO recommends that there may be benefit in wearing a face mask to reduce the spread of infection to other people.

Workplaces

1. Workplaces where people can maintain more than 1 metre contact distance from people with potential COVID19 symptoms – Facemasks and gloves are not recommended.

Examples of these workplaces include – education facilities, pharmacies, retail outlets

2. People who, due to the nature of their job, may be unable to maintain more than 1 metre contact distance from people with potential COVID19 symptoms – facemasks and gloves are recommended when this contact is likely to occur.

Examples of these workplaces include – Police, prison staff, customs staff

These recommendations are a guide only and workplace settings not listed in the table should consider their ability to maintain the 1 metre rule and use the table to inform their use of PPE. In general, surgical/medical masks prevent the dispersal of droplets by an infected patient and the inhalation of droplets if within 1 metre of a coughing individual.

¹ HHNZ recommends that ABHR solutions should meet the EN1500 testing standard for bactericidal effect. Generally, products meeting this standard have an ethanol concentration of at least 70% volume / volume (v/v) or a 60% concentration of isopropyl alcohol (<https://www.hqsc.govt.nz/assets/Infection-Prevention/Hand-Hygiene/PR/HHNZ-implementation-guidelines-June-2013.pdf>)

Hand hygiene and cough / sneeze etiquette (maintain distance, cover coughs and sneezes with disposable tissues and wash hands) will have a bigger impact.

How to correctly wear and remove a face mask²

If you are unwell or have a job which requires you to be in close contact with people who may have coronavirus, it is recommended you use a face mask. It is important that face masks are worn and removed correctly. Masks should fit snugly and fully cover your nose and mouth.

How to wear a mask:

- wash hands with soap and water or use hand sanitiser
- place over nose, mouth and chin
- fit flexible nose piece over nose bridge
- secure on head with ties or elastic
- adjust to fit – secure on your head, fitting snugly around your face with no gaps
- avoid touching or adjusting your mask during use.

How to remove a mask:

- wash hands with soap and water or use hand sanitiser
- avoid touching the front of the mask
- if the mask has ties, untie the bottom, then top tie
- remove from face
- discard, do not use again
- wash hands with soap and water or use hand sanitiser immediately.

² Adapted from <https://www.cdc.gov/hai/pdfs/ppe/PPEslides6-29-04.pdf>