

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.

Changes to COVID restrictions

From Monday 20 September, there will be some easing of restrictions for people across NSW who have received both doses of a COVID-19 vaccine.

Greater Sydney including LGAs of concern

- Up to 5 fully vaccinated adults can engage in outdoor recreation in a person's LGA or within 5km of home. Children under 12 years will not be counted in this total.
- Shopping, exercise and outdoor recreation can be done 5km from home or within your LGA.
- Attend a small wedding (maximum 11 people) in Greater Sydney as a guest.

LGAs of concern - curfew lifted

The 9pm to 5am curfew in the 12 LGAs of concern has now been lifted.



**EASING OF
RESTRICTIONS
IN LGAs OF
CONCERN**

19 September 2021
www.nsw.gov.au/covid-19



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NSW roadmap to recovery

NSW will start to reopen once we reach the 70% double vaccination target. Find out about the freedoms for fully vaccinated people once we reach this target. Let's do this, NSW!

The roadmap is subject to further fine-tuning and health advice if circumstances change drastically or if cases within a designated area remain too high.

Only fully vaccinated people and those with medical exemptions will have access to the easing of restrictions allowed under the Reopening NSW roadmap. This will come into effect on the Monday after NSW hits the 70 per cent double dose target.

Click [here](#) for more information.

ROADMAP OUT OF STAY AT HOME ORDERS FOR FULLY VACCINATED

9 September 2021
www.nsw.gov.au/covid-19



Free mental health education sessions for parents & carers



Are you a parent or carer?

Headspace is hosting free sessions for parents and carers on how to support the mental health and wellbeing of young people during COVID-19

More information is available [here](#).

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Vaccination information

COVID-19 vaccines are free for everyone in Australia, even if you are not an Australian citizen or permanent resident. There are now many vaccination clinics across south west Sydney offering COVID-19 vaccines. Click on the links below to find your closest vaccination clinic:

[Pharmacies and
GP vaccination clinics](#)

[Mobile
vaccination clinics](#)

[Campbelltown
Catholic Club](#)

[AztraZenca walk-in
vaccination clinics](#)

[Pfizer
vaccination centres](#)

Cabcharge is offering \$50 travel vouchers until 9 October 2021. Anyone can apply for the voucher to get to their vaccination appointment. If you need assistance to get to your appointment, fill in your details [here](#).

Click [here](#) for information about your vaccination appointment.
NSW Health Vaccination Support Line 1800 57 11 55.

Get vaccinated even if you've recovered from COVID-19



If you've had COVID-19 before, you still need to get vaccinated.

If you were unvaccinated or only had one dose before getting COVID-19, it's recommended you wait up to 6 months before getting vaccinated. Your doctor can complete a 'NSW COVID-19 vaccine medical contraindication form' that will give you a temporary exemption.

Talk to your doctor about getting vaccinated.

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

Stay home, stay safe, stay strong

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COVID test and isolation support

Unable to work while waiting for your COVID-19 test result?

You may be eligible for the COVID-19 Test and Isolate support payment.

Check the criteria & apply [here](#).

COVID-19



COVID-19 Test and Isolate
support payment of

\$320

available for eligible workers.

> HELP US STOP THE SPREAD



Learning from home



Download learning packages developed by teachers for parents and carers to use with their children from home.

The website includes resources such as:

- [Sample timetables created for learning](#)
- [Learning packages for parents and carers](#)
- [Translated advice and resources for learning from home](#)
- [Everyday maths](#)
- [Parents and carers toolkit](#)
- [Early childhood learning packages](#)
- [Disability learning and support advice](#)

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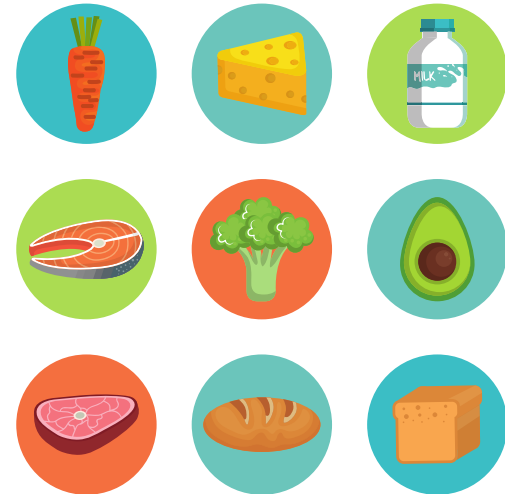
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Eating well

Support your immune system with a healthy eating routine and eating nutritious foods. Although your normal routine may have been disrupted, spending more time at home creates a new opportunity to learn to cook or to try cooking a new recipe. If you are working from home or supporting children learning from home, there are a variety of healthy meals that can be made quickly and easily. Planning and cooking healthy meals is a great way to limit temptations towards unhealthy foods, reduce time spent at the shops as well as minimise wastage at home. [The Heart Foundation](#) have put together heart-healthy recipes for weekday lunches at home.

Click [here](#) to check the recipes.



Staying safe and active

One of the reasons you are able to leave your home is for exercise. When exercising outdoors, there is a few things you should do to keep yourself and those around you safe:



- Stay 1.5m apart
- If you see large numbers of people, find somewhere else to go
- Stick to the rules and exercise with no more than 1 other person (if you live with more than 2 other people, you can all go out together for exercise)
- Always have a face mask
- Stay within 5km of your residential address or within your LGA (those in LGAs of concern must stay within 5km radius)
- Carry proof of your residential address e.g. driver licence
- If you feel unwell, do not go outside - get tested immediately

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Why should I get the COVID-19 vaccine?

COVID-19 vaccines are the best way to protect you, your family and community.

Top 3 reasons to have your COVID-19 vaccine:

1. It will stop you from getting very sick or dying.
2. Early evidence shows COVID-19 vaccines help reduce the spread of the virus.
3. It will help us get back to doing things we enjoy.

QUESTION

Why should I get the COVID-19 vaccine?

ANSWER

COVID-19 vaccines are the best way to protect you, your family and community from COVID-19. COVID-19 vaccines approved for use in Australia have been shown to be very good at protecting against severe illness and death. You need two doses of the same vaccine for the best protection against COVID-19. At your first appointment, the staff will tell you when to book your second dose.

For more information call **1800 020 080**.

For translating and interpreting services call **131 450**.

Australian Government
Department of Health

COVID-19
VACCINATION

www.health.gov.au/covid19-vaccines-languages

This [factsheet](#) is also available in the following languages:

[Arabic](#)

[Assyrian](#)

[Bengali](#)

[Chinese](#)

[Khmer](#)

[Vietnamese](#)

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