

## Health Update

### What you need to know:

- Self-isolation requirements have recently been updated for close or household contacts who have recovered from COVID-19.
- Reminder for isolation requirements if a child, staff member, or their household member tests positive for COVID-19.
- If a child or staff member has tested positive, they must isolate for 7 days and can leave isolation after 7 days only if they are symptom-free, and do not need to test before returning to the service.
- Services are encouraged to maintain COVID-smart measures including recommended use of masks indoors.
- All positive COVID test results must be reported to [Service NSW](#) and to your service.
- Services are reminded to be alert gastroenteritis symptoms of fever, rash, diarrhoea or vomiting in children.

---

Dear services and providers

Last week, the Minister for Health signed the [Public Health \(COVID-19 Self-Isolation\) Order](#) (No 1) Order 2022, updating self-isolation requirements for close or household contacts who have recovered from COVID-19.

---

## **Isolation requirements for close or household contacts who have recovered from COVID-19**

The COVID self-isolation requirements, under the [Public Health \(COVID-19 Self-Isolation\) Order](#), have recently been updated for close or household contacts who have recovered from COVID-19.

The order now exempts a person who is a close or household contact from the requirement to self-isolate if the person has had COVID-19 in the previous 12 weeks (up from the previous 8 weeks).

This means that if a child or ECE staff who have recovered from COVID-19 comes into contact with someone with COVID-19 within 12 weeks after they are released, they will generally not need to self-isolate or get a test.

They can continue to attend your service unless they have new COVID-19 symptoms.

---

## **Managing sick children or staff members**

Any person with symptoms of COVID-19 should seek out a COVID test and only return to the service when the test is negative, and they are symptom free.

For children or staff with seasonal allergic rhinitis or other conditions that have similar symptoms to COVID-19, an initial negative COVID-19 test is recommended before returning to ECE.

Following this, only if the person's symptoms change from their usual symptoms, then repeat COVID-19 testing should be performed.

To lodge an incident notification in NQA ITS, follow the instructions in the [how to guide](#).

If you can't access NQAITS, please contact us on 1800 619 113 or [ececd@det.nsw.edu.au](mailto:ececd@det.nsw.edu.au) and our team can assist.

## Reminder of isolation requirements COVID-19 positive

If a person tests positive for COVID-19, or if they are a close or household contact, they will need to follow the guidance below. Please share these messages with your community as needed:

- If a child or staff member has tested positive, they must isolate and should not attend the service for 7 days. They can leave isolation after 7 days only if they are symptom-free, they do not need to test before returning to the service.
- The entire household must also self-isolate for 7 days from the date of the positive person's test. They should follow the advice for [people exposed to COVID-19](#) and [take a test](#) as soon as possible, have another test on Day 6 and at any time COVID-19 symptoms appear.
- If a person in a child or staff member's household tests positive to COVID-19, they must follow the advice for [people testing positive to COVID-19](#) which includes, how to self-isolate effectively.
- If another person in the household tests positive to COVID-19, that person must restart their 7 day self-isolation period from the date of their positive test, even if they don't have any symptoms.
- Other household members who test negative do not need to re-start their 7 day self-isolation period. They also do not have to self-isolate again anytime in the following 14 days **unless they test positive**.
- People who test positive to COVID-19 and complete their 7-day self-isolation period **do not have to test or self-isolate** as any type of contact for **12 weeks after their release unless they develop new COVID-19 symptoms**.

- Self-isolation means staying at home or at your accommodation. This means parents and carers cannot drive their children to your service; they must ask someone else to do this. They must only leave self-isolation to get medical care or in an emergency. For more information, read the [self-isolation rules](#).

Please refer families to the latest testing and isolation requirements [NSW Government's COVID-19 pages](#) as this information can change.

## **Additional COVID-smart measures**

Services are encouraged to maintain COVID-smart measures, which will continue to be reviewed and updated as necessary, based on health advice.

Services are encouraged to put in place additional COVID-smart practices if they are experiencing a large increase in case numbers to minimise disruption.

NSW Health continues to recommend the wearing of masks indoors when you cannot physically distance, and this is a decision for services and educators to determine.

Staff and visitors in ECE services should continue to be supported to wear a mask should they choose to do so.

Services are encouraged to remind staff, children and visitors to practise simple hygiene by washing hands regularly with soap and water for 20 seconds- you should not rely on hand sanitiser only. View the [NSW Health hand washing poster](#) for more information.

Individual services should continue to evaluate what is most appropriate for their service and their unique circumstances. For example, staggered drop-off or pick-up times, or collecting children from outside the service.

Please remain vigilant by continuing to follow the [COVID-safety guidelines](#) to help keep children, educators and the community safe.

---

## **Gastro reminder**

Please be alert to gastro in your service. A gastroenteritis outbreak should be suspected when two or more children or staff have sudden onset of vomiting or diarrhoea in a two-day period.

Many viruses have similar symptoms, including COVID-19. Often children have tummy pain and a fever, some children may have a runny nose or a sore throat.

Parents are reminded to keep children at home if they are sick and get tested immediately when they have even the mildest of COVID-19 symptoms.

Promptly alert your local public health unit if a gastro outbreak is suspected by calling 1300 066 055. Reporting is required under the Public Health Act.

Services must also notify the NSW Department of Education via [NQA ITS](#) in the event of an outbreak.

### **What you should do next**

Follow NSW Health's [viral gastroenteritis fact sheet](#) and [advice for controlling gastro outbreaks in ECE settings](#), and notify via [NQA ITS](#) if you have an outbreak in your service.

---

## **For more information**

ECE staff are encouraged to regularly check the [NSW Health website](#) and [NSW Government website](#) regarding up-to-date restrictions in NSW.

If you have any questions about your service operation you can contact the Information and Enquiries team on 1800 619 113 or by emailing [ececd@det.nsw.edu.au](mailto:ececd@det.nsw.edu.au).

If you have specific questions about COVID-19, you can also email [ECEC.COVIDCASE@det.nsw.edu.au](mailto:ECEC.COVIDCASE@det.nsw.edu.au)



*Copyright © 2022 Early Childhood Education, All rights reserved.*

Sent to all services and providers in NSW

**Our mailing address is:**

Early Childhood Education  
L 8 10 Valentine Avenue  
Parramatta, NSW 2150  
Australia

**[Add us to your address book](#)**

Want to change how you receive these emails?

**[unsubscribe from this list](#)**