

# COVID-19 safety

Staying safe and protecting others is a shared responsibility. In humble submission to the Lord's will, and in obedience to the relevant authorities, we all play a role in helping each other face the challenges of this pandemic.

## Stay informed . . .

- The Federal Government releases regular updates on the COVID-19 pandemic. Head to their website for the latest information. There are a number of useful fact sheets available from this site as well. We've provided a Frequently Asked Questions document on our website.
  - <https://www.health.gov.au/>
- For Tasmania specific information, visit the Tasmanian Government's COVID-19 website
  - <https://www.coronavirus.tas.gov.au/>
- Don't just pay attention to your news feed, make sure you are being fed by God's word as well.
  - Check out the FRC Launceston's website and YouTube channel for regular messages from Rev Wes Bredenhof.
    - <https://frclaunceston.org.au/>
    - <https://www.youtube.com/channel/UCYZNC23SnryFQwV-sNLLiUw>
  - Although currently awaiting the arrival of their new Minister, Rev Rolf de Hollander, visit the FRC Legana's page for access to some of Rev den Hollander's sermons.
    - <https://frclegana.org/>

## Stay well . . .

- The winter is approaching and the incidence of colds and flu's will increase. Make sure you are taking good care of yourself to boost your body's ability to fight off illness.
  - Sleep well
  - Eat well
  - Stay active
  - Stay connected to loved ones
- And continue to pray



## Precautions @ school . . .

- We're minimising the number of people on site at any one time, so anyone that can stay home and learn or work effectively is urged to do so.
  - We've ceased the use of the facilities for church or board activities
  - We're interacting with staff and students that may be more vulnerable and helping manage their work or learning from home
- We're implementing social distancing as much as possible
  - In classrooms we arrange the space to allow for 1.5m of space between individuals
  - We're avoiding physical contact like hand-shakes and high-fives etc.
  - In the playground we're adjusting activities to reduce sharing of equipment and reduce use of the playground equipment
- We're focussing on personal hygiene with regular washing of hands and use of hand sanitiser, sneezing and coughing etiquette and disposal of tissues
- We've closed down our drinking stations and teachers supervise refilling of drink bottles in the classrooms
- We disinfect high-touch surfaces such as door handles, hand rails, desks and shared touch-screens on printers/photocopiers and log in terminals
- We take necessary measures to de-contaminate circulated resources such as library books or home-readers
- We practice smiling to everyone we see, be it physical or digital contact, and always ask 'how's it going for you?'

