

## Latest updates on COVID 19

The only change to the email you received earlier is that we have removed the songs that had been suggested online to replace happy birthday.

### Changes to requirements for travellers arriving from Northern Italy and South Korea

The existing travel restrictions for travellers from China and Iran have been extended for a further 7 days.

The Prime Minister also announced yesterday that measures are now in place for travellers arriving from Northern Italy and from South Korea. They will be asked to self-isolate for 14 days (calculated from the date they left South Korea or Northern Italy). They are still able to travel to New Zealand, there is no restriction of access to New Zealand for people arriving from these two countries.

The Ministry of Health has updated their Advice for travellers as a result of this announcement - <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-information-specific-audiences/covid-19-novel-coronavirus-advice-travellers>. In summary:

**Category 1** – travellers who have been present in or transited through countries in this category are being asked to self-isolate for 14 days on arrival – currently **Iran, China, South Korea and Northern Italy**. Note for Iran and China, there are also restrictions in place for who can travel to New Zealand. New Zealand citizens, permanent residents, residents with valid travel conditions and their immediate family, will still be able to come to New Zealand. Australian citizens and permanent residents are also not subject to the travel restrictions if New Zealand is their primary place of established residence.

**Category 2** – travellers from countries in this category should be aware of COVID-19 symptoms. **They do not have to self-isolate if well**. They should self-isolate if they develop any symptoms of concern and ring Healthline (0800 358 5453) if they develop symptoms within 14 days of departing the Category 2 country. Countries currently in this category are Hong Kong, Japan, Singapore, Thailand and Italy (noting northern Italy is in category 1)

Please continue to refer to the [Ministry of Health](#) website and our [website](#), for further information.

## Handwashing to prevent spread

All schools and early learning services are still in the Keep it Out phase of a pandemic plan. The **preventative measures** Health is encouraging schools and early learning services to practice are those of good hygiene, which include:

- Washing hands with soap and water before and after eating as well as after attending the toilet
- Covering coughs and sneezes with clean tissues or with an elbow
- Putting used tissues in the bin
- Encouraging staff and students to stay home if they are unwell

You will be aware that advice from Health asks everyone to wash your hands often and thoroughly with soap and water for at least 20 seconds, making sure you dry them thoroughly. Singing Happy Birthday twice, slowly should take about 20 seconds. To assist with this messaging, there are a couple of useful videos from the National Health Service (UK) that might help teach good hand washing techniques:

- Teaches hand washing technique (UK NHS): <https://www.youtube.com/watch?v=S9VjeIWLnEg>
- Hand washing happy birthday (UK NHS): <https://www.youtube.com/watch?v=aGJNspLRdrc>

Rather than Happy Birthday twice slowly, the challenge you might set is to work out what song children and students could sing along to for 20 seconds.

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