

# Baulkham Hills High Newsletter



[www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)



## Y12 Wellbeing Day

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**Website Link:** <http://www.baulkhamhillshighschool.com.au>

### From the principal's desk:

Monday 8 March 2021 is International Women's Day (IWD). As it says on the official IWD front page....

*"A challenged world is an alert world and from challenge comes change.*

*So let's all choose to challenge.*

*How will you help forge a gender equal world?*

*Celebrate women's achievement. Raise awareness against bias. Take action for equality."*

The theme for is "**Women in leadership: Achieving an equal future in a COVID-19 world.**"

Some links to various initiatives and programs.

- Home page with all the details of IWB - <https://www.internationalwomensday.com/>
- Article on UN Women website - <https://www.unwomen.org/en/news/in-focus/international-womens-day>



### Calendar 2021

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at [www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)

#### Term 1

<b>Week 7</b>
<b>Monday, 8 March</b> Y8B History Research Essay Pds 1 & 2 (Dhall) Y10 History in class essay. 10.2 Pds 5&6. 10.6 Pds 3&4 (Reid)
<b>Tuesday, 9 March</b> P&C Executive Committee Meeting 7.30pm Y7 and Peer Support Leaders P1 (Iaconis)
<b>Wednesday, 10 March</b> Y8H History Research Essay Pds 4 & 5 (Dhall) SRC After School Activity (Khan)
<b>Thursday, 11 March</b> Selective Schools Test 8am to 2.30pm Y8U History Research Essay Pd 6 (Dhall) Y10 History in class essay. 10.4 P1&2 (Reid)
<b>Friday 12 March</b> Y8K History Research Essay. Pds 5&6 (Dhall) Y10 History in class essay. 10.5 Pds 7&8 (Reid) Y10 Science Skills Test P1&2 (Daher) World's Greatest Shave (SRC)
<b>Saturday 13 March - P&amp;C Working Bee 9am to 1pm</b>
<b>Week 8</b>
<b>Monday, 15 March</b> Y10 Commerce Task Submission due in class (Morales)
<b>Tuesday, 16 March</b> Year 10 Maths assessment. Test 1. Pds 3&4. (Ribbans)
<b>Wednesday, 17 March</b>
<b>Thursday, 18 March</b> Y8 Maths assessment. Test 1. Pds 7&8 (Ribbans) Y10 Brain Bee Challenge. Pds 1&2 (Vasram) Y7 History in class essay. 7B P5&6, 7K P1&2, 7U P3&4 (Thurlow) Y9, 10 and Y12 Geography – Australian Geography Competition
<b>Friday 19 March</b> Yr 9 Maths Assessment. Test 1. Pds 7&8 (Ribbans)
<b>Week 9</b>
<b>Monday, 22 March</b> Y12 Buffer Week 22/3 to 25/3 incl. Y7 Maths Assessment Test 1 P5&6 (Ribbans) Y8 Commerce final exam P1-2 (Iaconis) Y10 Elective Geography Task Due in class (Morales)
<b>Tuesday, 23 March</b> Y7-12 Sydney West Swimming Carnival (Filewood) <b>P&amp;C General Meeting 7.30pm</b>
<b>Wednesday 24 March</b>
<b>Thursday 25 March</b> Y7&8 Vaccinations P1-6 (Fletcher) Y9 History Source test P3, 5, 6 & 7 (Kite)
<b>Friday 26 March</b> Y12 Assessment Block 26/3 to 1/4 incl. Y8 Vikings Source Test in class (Dhall)
<b>Week 9</b>
<b>Monday, 29 March</b> Y12 Assessment Block 26/3 to 1/4 incl. Y11 Assessment Block 29/3 to 1/4 incl. Y9 RAW Challenge P1-8 (Carditt) Y11 & Y9 Acc Society & Culture Assessment Task in class (Morales)
<b>Tuesday, 30 March</b> Y10 History Source Test P1,2,6&8 (Reid)
<b>Wednesday 31 March</b> Y7 Interim Reports Issued Y8-11 Term 2 Grade Trials and Rec Sport Selections P5-8 (Filewood)
<b>Thursday 1 April</b> Y7 History Source Test (Thurlow)
<b>Friday 2 April – GOOD FRIDAY</b>

- Challenging spoken word poet (this will be shown on Monday's assembly) - <https://youtu.be/pHdNkpT954U>

Thank you to **Bunnings Castle Hill Warehouse** and **Trade Wind Pty Ltd** for supporting our upcoming Working Bee. Bunnings Castle Hill have generously donated 53 plants and Trade Wind 30 cubic metres of garden soil that will contribute to landscaping the areas in front of the Houlston Centre and adjacent to the outdoor gymnasium. 50 volunteers have registered for this Saturday's Working Bee. Thank you to our P & C for their support and involvement in beautifying our school.

**Wayne Humphreys**  
Principal



## Baulko News

### FROM THE MATHEMATICS DEPARTMENT

How quickly the first half of Term 1 has passed. The Mathematics Department would like to congratulate Cloris XU and Iris XU of Year 9 who have both been invited to sit the 2021 Asia Pacific Mathematics Olympiad. Only 25 students across Australia are invited to sit this 4 hour long paper. This is in addition to both girls being chosen to participate in the AMOC Selection School as seniors; even though they are in Year 9!

Over the next few weeks, assessment tasks will be held for students in Years 7 to 10. Dates for all assessment tasks have all been placed on the school calendar and these should appear in the newsletter. Students are always given a physical copy of the assessment notification for each task and these are also placed on Moodle two weeks prior to the task. The assessment notification includes the date and details of each task, including the content and weightings for assessment. The Mathematics staff also provide previous examination papers with worked solutions on Moodle to assist students to prepare for these tasks.

Please encourage your children to access these resources and to seek help from their class teacher if required.

Mr Jason Ribbans  
Head Teacher Mathematics

### SCHOOL DIARY

Students are encouraged to bring their diaries to school every day and have them in every class. School diaries are to be used to plan, organise homework, assessment and classwork requirements. Additionally, student diaries have the school map, school bell times, time management ways, study tips, goal setting, editing tips, proof reading tips, essay tips, school procedures, school uniform requirements and much more.

Each week also has a communication/comments section that parents are welcome to use.



## Wellbeing News: Year 12 Wellbeing Day!

On Tuesday 3<sup>rd</sup> March, Year 12 participated in a Wellbeing Day. This day was designed to provide students with strategies to support their own wellbeing, as well as advice for applying to university and some well deserved relaxation time.

The day involved three workshops. The first workshop focused on career development, applying to universities and the approach to take for scholarship applications. Students were given a range of helpful tips and strategies to put themselves in the best position to pursue the career path they are most passionate about.

The second workshop of the day was led by one of our amazing School Psychologists, Adriana Rossi. Students were provided with strategies, advice and education around managing stress and supporting their own mental health. The feedback from this workshop was extremely positive, indicating that students gained a lot of helpful insights from this workshop.

Finally, students had the opportunity to spend some relaxing time with the Delta Society therapy dogs, who visited the school in the afternoon. Students were able to pat and play with these very friendly dogs, which has been a proven method for encouraging some mindful down time. Students also had the opportunity to engage in some mindful colouring in, or in some collaborative activities to end their day in a fun and stress-free way.

I am hoping that Year 12 took some useful tips and strategies away from the workshops they experienced on Tuesday and are working towards implementing them into their daily routines, as this is the only way they can continue to improve upon their wellbeing and work habits.

A big thank you goes to Ms Belinda Trkulja and Ms Simone Adams, the amazing Year 12 Advisers, who planned and organised the Year 12 Wellbeing Day. These two lovely ladies have been working tirelessly to support the needs of Year 12 and continue to be strong advocates for the Year 12 students here at school. The positive feedback from this day is testament to the great job the Year 12 Advisers are doing!

Year 12 will continue to have wellbeing related workshops throughout the year, as we continue to support their wellbeing and academic progress towards the HSC.

Thank you, Year 12, for a fantastic day on Tuesday!

Warm Regards,

*Ms Terryanne Fletcher*  
Head Teacher Wellbeing

[terryanne.fletcher1@det.nsw.edu.au](mailto:terryanne.fletcher1@det.nsw.edu.au)







*Year 12 Wellbeing Day  
Photos*

## Explanation of Absences

### Explanation of Absences – What to do

Dear Parents / Guardians

When your child is away from school it is important parents comply with the guidelines set out in the *Student Attendance Policy, Student Attendance in Government Schools Procedures*, as well as established school procedures.

#### **Absence from School**

Parents are required to provide an explanation of absence to the school **within seven (7) days** from the first day of any period of absence.

***If a student is absent for three (3) days or more  
a medical certificate is required.***

***If your child has had a COVID test - please screenshot your  
COVID test result and email your result to  
[baulkham-h.school@det.nsw.edu.au](mailto:baulkham-h.school@det.nsw.edu.au)  
before your child comes back to school.***

#### **Absentee Notice**

Periodically the school sends home an Absentee Notice when an explanation for absence has not been received.

If you receive an Absentee Notice please provide an explanation of absence and inform the school immediately.

Ms Zhu, Head Teacher, Administration

### **Procedure for Late Arrivals**

If a student arrives at school late, they must provide a note to the office signed by their parent/guardian when signing in giving reasons for their partial absence. **The student needs to sign in at the Office when they arrive at school including senior students with study leave in the morning.** The student will be issued a late arrival pass which they can present to their teacher when they arrive in class.

If a note is not provided from home, the student will be issued with a late pass slip which is signed by a parent/guardian. The signed slip must be handed into the office the next day or within 7 days.

**Senior students with Study Leave must be in by Recess**



## Wellbeing News: Opportunity for Year 8 Students: 'Future Proofing' Study

Supporting the mental health of our students is a top priority at Baulko. As a result, I am thrilled to announce that our school is taking part in Australia's largest ever wellbeing study for high school students – the 'Future Proofing' Study. We'll be working with the Black Dog Institute and UNSW, along with 170+ other schools, to improve the mental health and wellbeing of Australian teenagers.

We all know 2020 was a difficult year and the wellbeing of our students has never been so important. That's why we're encouraging all Year 8 students to participate in this study.

Participating students will try out new mental health apps and complete 2 surveys about their health and wellbeing at school, each year until they are in Year 12. The surveys will ask about a wide range of issues important to young people, including health, emotions, friendships, school, and the impact of the COVID-19 pandemic. This program will also track student progress and better support their wellbeing.

Participation in this program will not impede on student's workload or class time, and will be overseen by myself and assigned supervisors from the Black Dog Institute.

**Students need parent permission and a smartphone to participate. Please follow this link to read the study information sheet and complete the consent form: <https://www.fpstudy.org.au/Baulk>**

We hope you consider your child's participation in this study. Even before COVID-19, research was showing that mental health concerns in teenagers are on the rise. Our school is keen to be part of the solution!

If you'd like to learn more, please feel free to watch this short information video from the research team: <https://youtu.be/Mf2OsMfFKs>

Further information can be found at the following link:  
[https://unsw-my.sharepoint.com/:b:/g/personal/z3450507\\_ad\\_unsw\\_edu\\_au/EXJg-4N4kJFCgFbiwyOOCgsBSW7b3mvnzJPAWXD7mt77zw?e=2raeel](https://unsw-my.sharepoint.com/:b:/g/personal/z3450507_ad_unsw_edu_au/EXJg-4N4kJFCgFbiwyOOCgsBSW7b3mvnzJPAWXD7mt77zw?e=2raeel)

Similarly, if you have any further questions, please contact me on [Terryanne.fletcher1@det.nsw.edu.au](mailto:Terryanne.fletcher1@det.nsw.edu.au). I have also included the parent information pamphlet, which follows this, for more information.

Kindest regards,

*Ms Terryanne Fletcher*  
Head Teacher Wellbeing



## Career News

### Careers News – Create Your Career Google Site

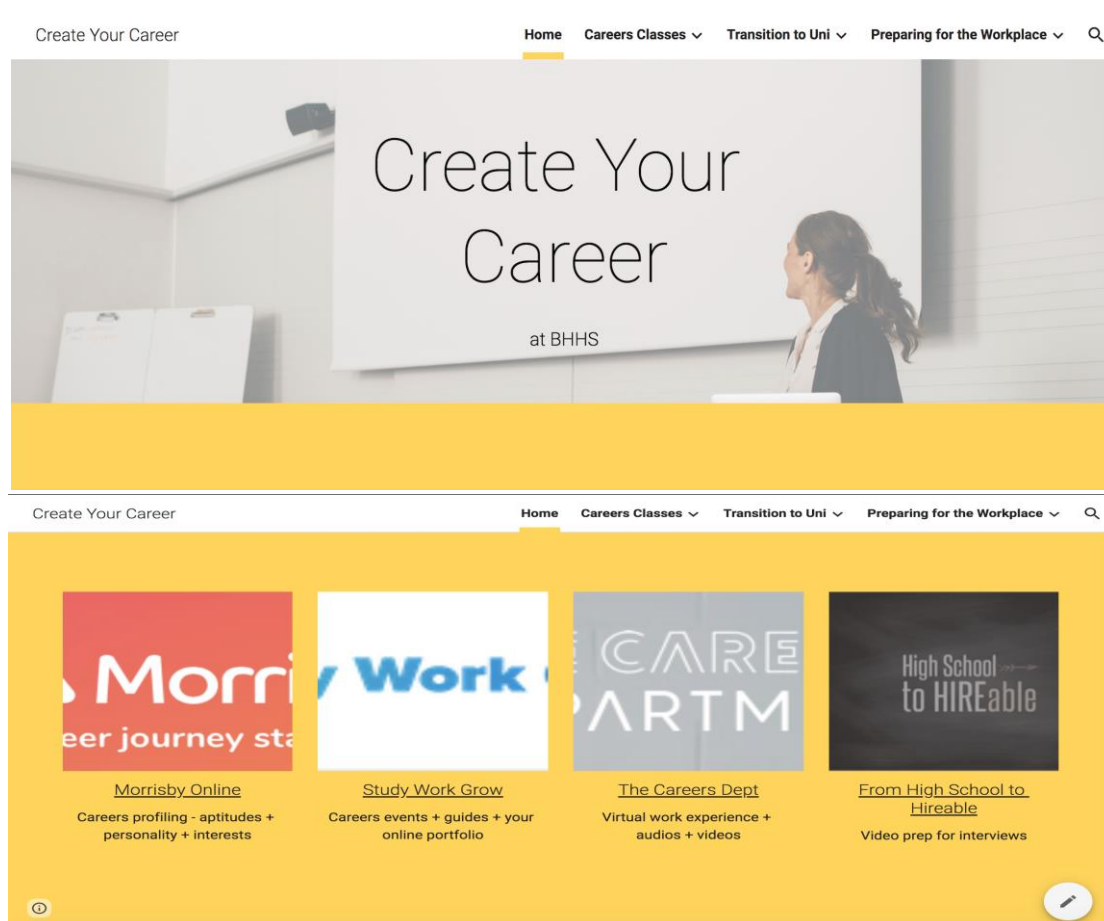
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

From the homepage, students can access all their subscription resources:

- Morrisby Online Career Profiling (aptitudes, personality, interests)
- Career Central (Career Management software)
- Study Work Grow (guides, updates, portfolio)
- The Careers Department (virtual work experience, audios, videos)
- From High School to Hireable (coming 2021 – online interview skills course)

As well as content on Careers Classes, Transition to Uni and the Workforce, students have easy access to useful tools:

- Book a Careers appointment spreadsheet
- Careers Checklists
- Uni speakers at BHHS
- Year 12 Deadlines





Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

## Careers

- Morrisby Online Profile
- Written Applications
- Work Experience
- Future Work Skills
- Strengths
- Subject Selection
- Open Days
- Transition to University
- Interview Skills
- World of Work

### Year 10 Careers Classes

Term 1 (Self Awareness) - Overview of Careers Education/Morrisby Online Careers Profiling/Work Experience/CV Writing

Students are introduced to resources and opportunities available to them. (Google Classroom)

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

## Transition to

- Finding a uni course
- Open Days
- Studying in NSW (UAC)
- Studying Interstate
- Studying overseas
- Scholarships
- How to pay for uni
- Elite Athletes/Perform...
- Tips for Transition

### Transition to uni tips for Year 12 – things you may not know!

<https://sites.google.com/bhhs.com.au/create-your-career-at-bhhs/transition-to-uni>

Create Your Career

Home Careers Classes Transition to Uni Preparing for the Workplace

## Preparing for the Workplace

- Portfolios
- Written Applications
- Interview Skills
- Work Experience
- Industry Info
- Labour Market Info
- Future of Work
- Entrepreneurship
- Lifelong Learning

SKILLS INTERESTS EDUCATION & TRAINING

myfuture [www.myfuture.edu.au](http://www.myfuture.edu.au)














myfuture has a new look!

Informed by feedback from users and experts, myfuture's updated website continues to provide access to high-quality and reliable career information from official sources, but its tools and resources have been restructured to make them easier to explore. A number of new features have also been introduced, including a 'My Favourites' section, glossary terms and tips to help students uncover new information and options.

As a government-funded service, myfuture provides free online resources and tools to support students to develop self-knowledge for career decision-making.

myfuture's personalised features assist young Australians to explore how their values, interests and skills relate to a wide range of career options and vocational and higher education pathways.

-  Complete [My career profile](#) activities
-  Use [Career bullseyes](#) to learn about career pathways related to school learning areas
-  Explore over [350 occupations](#)
-  Discover higher education and vocational education and training (VET) [courses](#)
-  Access important [industry information](#), including employment prospects
-  Get tips and tricks by reading real-life [career stories](#)
-  Read [career articles](#) to discover practical information to support career exploration
-  Learn more about educational [institutions](#) and study options
-  Find out about [organisations](#), career resources, opportunities and career pathways
-  Explore resources for [teachers and career practitioners](#)
-  Begin the conversation about the world of work as a [parent or carer](#)

myfuture also offers targeted resources and professional development opportunities for those who support or influence career choices, such as teachers, career practitioners, parents and carers.

Explore the recent updates: <https://bit.ly/myfuture20>







## BHHS CANTEEN MENU (New Canteen 2021) (Check out our New Canteen)

BAULKHAM HILLS HIGH SCHOOL CANTEEN MENU



**HEALTHY GOURMET  
CANTEENS AUSTRALIA**

### COLD FOOD

FRESH FRUIT SALAD	\$4.00
WATERMELON (CUP)	\$3.50
BANANA & YOGHURT	\$4.00
BERRIES & YOGHURT	\$4.00
MUESLI & YOGHURT	\$4.00

### SUSHI

CHICKEN TERIYAKI	\$3.50
CRAB & AVACADO	\$3.50
TUNA	\$3.50

### BREAKFAST

EGG ROLL	\$3.50
BACON ROLL	\$3.50
BACON & EGG ROLL	\$4.00
TURKISH SAUSAGE & EGG ROLL	\$4.50

### TURKISH BREAD

GOURMET DELIGHT <small>ROAST VEGETABLES, FETTA &amp; HOMOUMS</small>	\$5.50
CHICKEN GOURMET	\$5.50
FALAFEL	\$5.50
MEDITERREAN DELIGHT	\$5.50
GOURMET TUNA	\$5.50
HOMOUMS & TABOULI	\$5.00

### GOZLEME

SPINACH & CHEESE	\$5.50
SPINACH & MUSHROOM	\$5.50
BANANA & CINNAMON	\$5.00
SPICY BEEF	\$5.50

### TOASTED SANDWICH

CHEESE	\$3.50
HAM, CHEESE, TOMATO	\$4.00
TURKISH SAUSAGE & CHEESE	\$4.50
RAISIN TOAST	\$2.00

### SANDWICH BAR

TUNA, CORN & AVACADO	\$4.00
SALAD SANDWICH	\$4.00
SMOKED HAM	\$4.00
CHICKEN, HOMOUMS & TABOULI	\$4.00
EGG, LETTUCE & MAYO-NAISE	\$3.50
FALAFEL	\$4.00
CHICKEN GOURMET SANDWICH <small>WITH ROAST VEGETABLES</small>	\$4.50

### TURKISH KEBAB

BEEF <small>LETTUCE, TOMATO, ONION, CHEESE, BBQ SAUCE, GARLIC SAUCE</small>	\$6.50
CHICKEN <small>LETTUCE, TOMATO, ONION, CHEESE, BBQ SAUCE, GARLIC SAUCE</small>	\$7.00

### MEDITERREAN MENU

VINE LEAVES <small>(4 PIECE)</small>	\$4.00
CABBAGE ROLLS <small>(1 PIECE)</small>	\$4.00
STUFFED CAPSICUM	\$4.00
STUFFED EGGPLANT	\$4.00
VEGGIE PATTIE	\$4.00

### TURKISH PIDE

VEGETARIAN	\$5.50
SPICY BEEF	\$5.50
CHICKEN, CHEESE & MUSHROOM	\$5.50
SPINACH & CHEESE	\$5.50
TURKISH SAUSAGE, CHEESE & EGG	\$5.50

BAULKHAM HILLS HIGH SCHOOL CANTEEN MENU



**HEALTHY GOURMET  
CANTEENS AUSTRALIA**

### ROAST DISHES

ROAST CHICKEN <small>WITH BAKED VEGGIE &amp; GRAVY</small>	\$6.00
ROAST BEEF <small>WITH BAKED VEGGIE &amp; GRAVY</small>	\$6.00
ROAST CHICKEN & GRAVY ROLL	\$5.50
ROAST BEEF & GRAVY ROLL	\$5.50
CHICKEN NIBBLES <small>WITH SALAD</small>	\$5.50

### GOURMET BURGERS

PORTUGUESE BURGER <small>FRESHLY MADE PORTUGUESE CHICKEN, LETTUCE &amp; SAUCE</small>	\$5.50
BEEF BURGER	\$5.50
FISH BURGER	\$5.50
STEAK SANDWICH <small>WITH LETTUCE, ONION, BEETROOT &amp; SAUCE</small>	\$5.00

### HOT DISHES

CHICKEN CURRY	\$5.50
BEEF CURRY	\$5.50
CHICKEN & CREAMY MUSHROOM SAUCE	\$5.50
SPAGHETTI BOLO-GNAISE	\$5.50
LASAGNE <small>BEEF OR VEGGIE</small>	\$5.50
VEGGIE CURRY & RICE	\$5.50
FRIED RICE	\$4.00
OVEN BAKED WEDGES <small>WITH SWEET CHILLI SAUCE &amp; SOUR CREAM</small>	\$3.80
LEAN SAUSAGE ROLLS	\$4.00
LEAN BEEF PIE	\$5.50
MONGOLIAN BEEF <small>WITH RICE</small>	\$7.00
NACHOS <small>WITH LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</small>	\$5.50
JACK POTATO <small>WITH BEEF, LETTUCE, TOMATO, GUACAMOLE &amp; SOUR CREAM</small>	\$5.50

### ROLLS & WRAPS

KOFTA WRAP <small>KOFTA BEEF, TABOULI, HOMOUMS WITH PICKLES &amp; GARLIC SAUCE</small>	\$5.50
BBQ CHICKEN WRAP <small>BBQ CHICKEN, TABOULI, HOMOUMS WITH PICKLES &amp; GARLIC SAUCE</small>	\$5.50
FALAFEL WRAP <small>FALAFEL, HOMOUMS, TABOULI &amp; PICKLES</small>	\$5.50
CHICKEN ROLL <small>CHICKEN, LETTUCE &amp; MAYO</small>	\$5.50
FISH ROLL <small>FISH, LETTUCE &amp; MAYO</small>	\$5.50
CHICKEN AIOLI WRAP <small>CHICKEN, LETTUCE &amp; AIOLI</small>	\$5.50
SWEET CHICKEN WRAP	\$5.50

### SNACKS

CARROT STICKS <small>WITH HOMOUMS</small>	\$4.00
CELERY STICKS <small>WITH HOMOUMS</small>	\$4.00
CUCUMBER STICKS <small>WITH HOMOUMS</small>	\$4.00
MARINATED GARLIC KING PRAWN STICKS	\$3.50
KAFTA STICKS	\$3.50
MARINATED CHICKEN KEBAB STICKS	\$3.50

### SALADS

GREEK	\$5.00
GARDEN	\$5.00
CHICKEN CAESAR	\$5.50
PUMPKIN	\$5.00
POTATO & EGG	\$4.50
TABOULI & LENTILS	\$5.00
COUS COUS SALAD	\$5.00
THAI NOODLE SALAD	\$5.50
ROCKET & PULLED BEEF <small>WITH YOGURT SAUCE</small>	\$5.50
BEETROOT & ROCKET <small>WITH FETTA</small>	\$5.00

### DIPS

ASSORTED DIPS & TURKISH BREAD	\$5.50
HOMOUMS DIP & TURKISH BREAD	\$4.00

### DRINKS

WATER <small>ROOM WATER 1L WATER</small>	\$2.50 \$4.00
FLAVOURED MILKS	
300ML CHOCOLATE, STRAWBERRY	\$2.50
FRESHLY SQUEEZED JUICE <small>SEASONAL FRUIT &amp; VEGETABLE</small>	\$4.50

## IMPORTANT REMINDERS

**Student Drop off/Pick up.** A reminder to follow all parking and traffic rules when dropping off or picking up your student from BHHS. Please allow your student to walk a few minutes from the gate to meet your vehicle at the end of the day – this helps to ease traffic congestion and improves safety in the afternoons. Students using the bus bay – remember to walk at all times in that area.

**Masks remain compulsory on public transport for staff and students in Greater Sydney** as per NSW Government guidelines. All staff and students over the age of 12 in the Greater Sydney area must wear masks when travelling to/from school or when travelling for school activities using public transport or charter bus services. There have been complaints raised by the public about students not wearing masks on public transport. I would ask that parents and carers please remind their students that they must have and wear a mask for these activities (unless the student has a health exemption). More information about wearing masks is available on the NSW Government website - check <https://rb.gy/fykkpp>

### Travelling Home from School by Bus using the Bus Bay

- Wait behind the white line leaving room for students to move down the walkway to their bus
- Don't cross the yellow line until you are ready to board a bus
- Always follow teacher directions
- Have your Opal card ready and wear your mask as per Covid 19 Govt regulations when boarding bus
- If catching the 601 on Windsor Rd beware of crossings, follow directions remember your manners

## BE BUS AWARE

22 February - 28 February 2021

**We all have a part  
to play in bus safety**



BeBusAware.com.au



## Symptoms of COVID-19

### Symptoms of COVID-19 include

- Fever (37.5 ° or higher)
- cough
- sore/scratchy throat
- shortness of breath
- loss of smell or
- loss of taste.

### Other reported symptoms include

- fatigue
- runny nose
- muscle pain
- joint pain
- headache
- diarrhoea
- nausea/vomiting
- loss of appetite.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

### When COVID-19 symptoms appear

The amount of time between exposure to the virus and the first appearance of symptoms is usually 5 to 6 days, although it may range from 2 to 14 days.

People who might have been in contact with someone who is confirmed to have COVID-19 should [self-isolate](#) for 14 days.

You should prevent the spread of viruses, by keeping your [hands clean](#), not touching your face and [keeping your distance](#) from other people.