

Baulkham Hills High Newsletter

www.baulkhamhillshighschool.com.au



School Captains – Vahin Ravi & Minha Kook

In this issue:

From the Principal's Desk

Baulko News – Digital Nutrition – Untangling Teens From Tech
10 August at 7.30pm

Wellbeing News

Careers News

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

From the principal's desk:

"Learning from Home" continues for our students at BHHS and until the end of Week 7 (28 August) at least. A wide variety of online support and learning for all students in both support and mainstream continues to be provided by staff. Minimal staff are currently on site to support efforts to minimise the spread of the COVID-19 virus. Again, thank you to our staff for their excellent work in teaching our students; and thank you to our community for supporting students in these challenging times.

All students have met "virtually" over the past week, both support and mainstream, with myself, Deputy Principals, HT Wellbeing and Year Advisors. At these short morning check-ins, students have been provided with the latest information as regards COVID-19, assessments and examinations. They are also reminded about caring for their wellbeing, and

Cont. P2

2 August 2021



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

resources available to assist them should they be experiencing anxiety, concerns or stress.

Resources to support our students and community.

- The BHHS P & C have kindly arranged and financed a very special event. "Untangling Teens from Tech: practical strategies to empower parents" will be presented by psychologist Jocelyn Brewer. This presentation will be excellent, especially in our current learning context. Full registration details are available later in the newsletter.
- A free parent and carer mental health sessions. Headspace National is running a number of free parent and carer mental health sessions to support young people impacted by COVID-19. Click the link, and scroll down to find a session that suits you. Link is <https://bit.ly/3xk8lg2>

Wayne Humphreys
Principal

Dates on the Calendar will be updated as further advice regarding COVID-19 comes to hand

Term 3

Week 4
Monday 2 August
Tuesday 3 August
Wednesday 4 August
Thursday 5 August
Friday 6 August
Week 5
Monday 9 August Y12 Buffer Week 9/8 to 13/8 incl. Y10 English Online Exam 9.00am-10.10am
Tuesday 10 August P&C Executive Committee Meeting ONLINE 7.30pm
Wednesday 11 August Duke of Ed Camp (Hallal/Poole) 11/8 – 13/8 incl. POSTPONED
Thursday 12 August
Friday 13 August
Week 6
Monday 16 August Y12 Assessments 16/8 to 27/8 incl.
Tuesday 17 August
Wednesday 18 August
Thursday 19 August
Friday 20 August
Week 7
Monday 23 August Y12 Assessments 16/8 to 27/8 incl.
Tuesday 24 August P&C General Meeting ONLINE 7.30pm
Wednesday 25 August
Thursday 26 August Y12 Maths Study Afternoons P4 to Lunch TBC
Friday 27 August

Baulko News



UNTANGLING TEENS FROM TECH: practical + positive strategies to empower parents



A 90-minute webinar for Baulkham Hills High parents

Presented by psychologist Jocelyn Brewer

Tuesday, August 10th 2021 at 7:30pm

Free registration

Please click below:

[Meeting Registration - Zoom](#)

Jocelyn's factful and fear-free, practical approach will help parents build skills to communicate with their tweens and teens, implement boundaries and consequences for behaviours (both online and off) and assist young people to identify and manage their emotions, time and choices (without banning devices).

The seminar will also explore the ways young people use technology, some of the features of tech design that makes it so alluring and hard to put down, and the impacts on young people's wellbeing.

Jocelyn will introduce her concept of Digital Nutrition™ as a positive framework for shaping healthy tech habits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities and identify 'Virtual Vitamins'.



www.digitalnutrition.com.au
in conjunction with Baulkham Hills High P&C



Presented by psychologist
Jocelyn Brewer

UNTANGLING TEENS FROM TECH: practical strategies to empower parents



A 90-minute webinar for parents at Baulkham Hills High School

Tuesday August 10th at 7:30pm. Free registration.

A recording is provided for those who can not attend live.

A Message from the Wellbeing Team

Dear Parents/Guardians,

In the midst of uncertainty and ever-changing circumstances, it is especially important to support you and your child's mental, physical and emotional wellbeing. We understand that disruptions to routine can cause undue stress and anxiety, and we understand that the present circumstances surrounding Covid-19 are also likely to cause a mix of feelings and emotions.

The Wellbeing Team would like to remind you that there are many support services and information available to you and your child -24/7. We encourage you to be proactive in seeking information and/or support services when needed, and in safeguarding your child's mental health.

To assist you with this, the Wellbeing Team has put together a document containing details for a range of support services and information pertaining to mental health issues, parenting resources and more specifically to Covid-19.

Be proactive in supporting you and your child's mental health – access any of these resources when needed, and stay informed. Have regular conversations with your child about their wellbeing, and encourage them to engage with support services and open discussion about mental health.

If you have any questions or concerns, do not hesitate to contact one of your child's Year Advisers or myself.

We are here to support you, but there are also many resources and organisations available to support you beyond the school environment. We encourage you to engage with them.

On Behalf of the Wellbeing Team 2021 - Take care of yourselves!

Ms Terryanne Fletcher

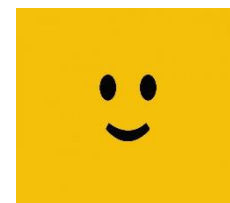
Head Teacher Wellbeing
Baulkham Hills High School
Ph: 9639 8699





Resources to Support Wellbeing

Information for Parents!



Who can you call for support?

- In an emergency, always call triple zero (000)
- Mental Health Intake Line: 1800 011 511
- National Coronavirus Hotline: 1800 020 080
- Lifeline: 13 11 14 (24/7) (Webchat also available)
- Parent Line NSW: 1300 1300 52 (Webchat also available)
- Beyond Blue: 1300 22 4636 (Webchat also available)
- Suicide Call Back Service: 1300 659467 (24/7)
- Family Referral Service: 1300 403 373
- For support regarding domestic violence: 1800RESPECT

Resources on parenting

- <http://www.resourcingparents.nsw.gov.au/Parents>
- <https://raisingchildren.net.au/>
- <https://www.parentingideas.com.au/parent-resources/>
- <https://www.relationships.org.au/relationship-advice>
- <https://parenttv.com/>

How do you access external mental health support for your child?

- Talk to your local GP to obtain a referral to a psychologist.
- Online Psychologist Database: <https://www.psychology.org.au/Find-a-Psychologist>
- Headspace centres: <https://headspace.org.au/headspace-centres/>
- Mental Health Care Plan: <https://www.healthdirect.gov.au/mental-health-care-plan>

Online wellbeing programs for your child

- <https://www.cci.health.wa.gov.au/resources/looking-after-yourself> (self-help resources on various topics)
- <https://thiswayup.org.au/> (mood, anxiety, mindfulness, sleep, and stress)
- <https://brave4you.psy.uq.edu.au/> (anxiety)
- <https://moodgym.com.au/> (mood)

Apps your child can download

- Headspace (mental health support and guided relaxation strategies)
- Smilingmind (guided relaxation strategies)
- Virtual Hopebox (distraction techniques and relaxation strategies)
- What's up (for managing difficult thoughts and emotions associated with anxiety, depression etc)
- Self-Help for Anxiety Management (SAM) (build your own 24-hour anxiety toolkit)
- Daylio (mood and activity tracker, to help remind you which activities lift your mood)
- BeyondNow (create a safety plan to help you if ever at risk of harm)
- Mindshift (teaches the importance of changing how you think about anxiety)
- Calmharm (supports individuals with temptation to self-harm)



Where can you learn more about mental health?

- Beyond Blue: <https://www.beyondblue.org.au/the-facts>
- Headspace: <https://headspace.org.au/>
- Kids Helpline: <https://kidshelpline.com.au/teens>
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>
- Butterfly Foundation: 1800 33 4673 or <https://butterfly.org.au/get-support/chat-online/>

Information about Covid 19

- World Health Organisation Q & A: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- World Health Organisation Advice for the Public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Australian Government Official Covid Website: <https://www.australia.gov.au/>

Tips for supporting stress & anxiety around Covid

- Tips for Handling Coronavirus Anxiety & Stress: <https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/>
- Coronavirus Mental Wellbeing Support: <https://coronavirus.beyondblue.org.au/>
- CDC: Mental Health and Coping during Covid-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- How to cope with Covid-19 stress: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- CDC: Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>



Digital Mental Health

Digital Mental Health (e-mental health) is services, programs or applications, delivered via online, mobile or phone based platforms, that may be self-driven or involve real time or delayed interaction with a clinician or other support person.

Digital Mental Health services and programs allow Australians to access mental health information and support at any time and from any place.

DISCLAIMER:

The information provided throughout this guide is intended for information purposes only. Whilst many of the services and resources in this guide are government funded, health practitioners should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it or refer a user to it. The services and resources listed in this guide are not exhaustive and represent primarily Australian products.

eMHPac is funded by the Australian Government



Queensland University of Technology



Black Dog Institute



Apps



Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.
au.recharge.com/tools-and-apps/recharge



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.
beyondblue.org.au/about-us/about-our-work/youthbeyondblue/the-check-in-app



Niggle

A self-help toolkit for all things related to mental, social and emotional wellbeing.
kidshelpline.com.au/niggle



MoodMission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.
moodmission.com/



Ray's Night Out

An app to help youth (16-25yrs) increase their awareness of their drinking limits and promote safer drinking practices.
apps.apple.com/au/app/rays-night-out/id978589497



Breakup Shakeup

A behavioural activation app that provides fun, easy activities to do to help young people (14-25yrs) cope after a breakup.
au.reachout.com/tools-and-apps/breakup-shakeup

eMHPac

E-MENTAL HEALTH IN PRACTICE

A Brief Guide: Digital Mental Health Resources for Young People

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to online and phone mental health services, information and resources.
headtohealth.gov.au

Crisis Support



Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs).
kidshelpline.com.au
1800 55 1800 (24hrs)



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.
lifeline.org.au/Get-Help
13 11 14 (24 hrs)



1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.
1800respect.org.au
1800 737 732 (24 hrs)

Counselling Support



Butterfly Foundation

Online and phone counselling, information, and support groups for people concerned about eating disorders.
1800 334 673
butterfly.org.au/



CanTeen

Phone/email/online chat and forums to help young people (12-24yrs) with a range of issues.
1800 835 932
support@canteen.org.au



eheadsapce

Phone/email/online chat for young people (12-25yrs) with a range of issues.
headsapce.org.au
1800 650 890



QLife

Online chat and phone counselling for LGBTI people.
1800 184 527
qlife.org.au

Useful Programs & Websites



ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.
reachout.com



BITE BACK

Online activities, info and positive wellbeing and resilience in young people (12-25yrs).
biteback.org.au/



The BRAVE Program

Prevention and treatment of anxiety in young people. Includes child (3-7 & 8-12yrs), teen (12-17yrs), and parent components.
brave4you.psyuq.edu.au



The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.
thedesk.org.au



CanTeen Connect

An online community for young people dealing with their own or a close family member's cancer. There is also a separate 'CanTeen Connect: For Parents' community.
www.canteenconnect.org/



This Way Up

'Teen Mental Health Course'
Free online course for teens transitioning into adulthood. Requires the supervision of a parent or carer and a prescription for a clinician.
thiswayup.org.au



MindSpot

'Mood Mechanic Course'
An online program for stress, worry, anxiety and depression in people aged 18-25.
mindspot.org.au



Centre for Clinical Interventions

Self-help workbooks and modules for a range of mental health issues.
<http://www.cci.health.wa.gov.au/resources/consumers.cfm>



MoodGYM

An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.
www.moodgym.com.au/



Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.
smilingmind.com.au/



OCD? Not Me!

Online program including information, practical skills and support for young people (12-18yrs) with OCD.
ocdnottme.com.au



Livewire

Online community to help young people (12-20yrs) living with illness or disability.
<https://livewire.org.au>



ReachOut NextStep

An online tool designed to make help seeking easier for young people (18-25yrs), by recommending relevant support options based on their symptoms.
au.reachout.com/#nextstep

BODY IMAGE *Tips* YOUNG PEOPLE

Did you know that body image is how you FEEL and THINK about your body? It's actually not about what you look like!

No two people were born to look or be the same. Celebrating and embracing our differences is really important. There isn't a right or a wrong way to look.

Beauty and appearance ideals exist in all societies and they are all unhelpful! These ideals don't encourage uniqueness but instead suggest that everyone 'should' and 'could' look a certain way, which is unrealistic! Spending time, money and energy on changing your appearance is exhausting and research tells us that altering your appearance won't help your body confidence or self-esteem in the long run. What will help, is reminding yourself that you have the power to change the way you see, think and feel about how you look.

Here are some positive tips to help you:

You are so much more than your appearance. You are not an 'object' or a 'thing'. You are a human being. Your weight, body shape, muscles, hair/skin colour, complexion, height does not define you. Your appearance does not determine your worth.

Avoid making unhelpful comparisons. The more you compare your appearance to siblings, friends, celebs, sport stars or anyone, the more unhappy you'll feel. It's ok to admire beauty in others, but avoid devaluing your own body if you do.

Treat your body well. Your body is the only one you're ever going to get. It might not look exactly as you'd like, but it does so many amazing things for you. Speaking kindly, finding exercise and activities that you love, eating mindfully and taking time out to rest, demonstrates body respect. It's really important that you avoid any kind of restrictive diet and excessive exercise plans. They do not work or help your body confidence (no matter how much advertisers try to make us think otherwise).

Keep yourself media and social media savvy.

What you see may not always be! It's important that you stay savvy when looking at media and social media images. Photoshop, hair and make-up, endless filters and editing tools work to create the highly stylised and perfect images that you see – on celebrities and our friends. You never really know what is going on behind the image, remember, no one is perfect.

Go easy on yourself... AND your friends! Body bullying and food shaming is never ok. Speaking kindly to yourself and your friends – face to face and online – is the only way. If you wouldn't say it to a friend, avoid saying it to yourself. If you couldn't say it to someone's face, don't say it to them online. Words can build people up or tear them down. Use your words carefully (to yourself and to others).

Have fun with your appearance but don't let it rule your life. It's ok to take pride in your appearance and have fun with fashion and styling (if that's what interests you), but obsessing and worrying about how you look is not good for us. Remember, you are more than your appearance, so spend time doing the things that make you feel good.

Surround yourself with people who accept you as you are. Changing your appearance to fit in won't make you a better, more lovable person. If a person or group doesn't like YOU for who YOU are, then it's time to find some new people to spend time with. You are enough just as you are.

If your body image is getting you down or you are worried about a friend, talking helps and Butterfly is here to listen:

National Helpline on 1800 ED HOPE (1800 33 4673) or support@thebutterflyfoundation.org.au



BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent self scrutiny – such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on **1800 ED HOPE (1800 33 4673)** or email us at support@butterfly.org.au



Careers News

Careers News - Update for Year 12 Parents

What does my child have access to for Careers in Year 12?

Face-to-face/individual support

- Individual appointments with the Careers Advisor (applying to uni, scholarships, general Careers advice) – students can book via the link in Google Classroom to a Google Sheets schedule
- Written feedback for cadetships/scholarships/medicine applications is given via Google Docs as well as general advice via email
- Mock interviews for cadetships/scholarships/medicine

Speaker sessions

- Universities visit the school Tues & Thurs lunchtimes in Term 2 – schedule posted on Google Classroom and in the Year 12 Study; reminders sent to students via Google Classroom
- UAC Session and Scholarships/Written Applications Workshop (as part of Year 12 Wellbeing Day); resources have been emailed to students/on Google Classroom – please ask your child if you would like to see this information
- Students also had a speaker (doctor) present a session on Career Resilience & Planning as part of their Year 11 Wellbeing Day in 2020

Subscription Services

- Online interview skills course (see handout in this newsletter; access details have been emailed to students)
- Study Work Grow newsletter (to receive information directly from universities/industry)
- Morrisby Online Profiling – students have had access to this since Year 10 – list of career suggestions/uni courses based on a student's individual profile
- Career Central Career Management Software – access via BHHS Google Accounts
- The Careers Department (Virtual Work Experience and audios/videos of careers & university courses)

Online/informational Support

- Regular updates are posted in Google Classroom including scholarship & cadetship information, expos, competitions, university & industry updates
- UAC info sessions: <https://www.uac.edu.au/schools/uac-digital>
- Information on Early Entry (SRS) has been emailed to students (PowerPoint slides) and also information on an upcoming session run by UAC: <https://uacdigital.easywebinar.live/earlyentry-43>
- Year 12 students can use the UAC online tool Course Compass to assist their decisions
- Reminders about upcoming deadlines are posted on Google Classroom/emailed to students
- Create Your Career Google Site with tailored resources (via BHHS accounts)



REAL WORLD JOB INTERVIEW SKILLS VIDEO COURSE

Helping students perform at their best.
From application to outfit, interview to job offer.
For entry level job interviews & Uni interviews.



Includes: Bonus peer interviews with 16-24 years olds. How I got my job and other helpful info. + loads of FREE Interview preparation resources



Includes: Resume and Cover Letter Template Pack. How to write a resume that gets you to the interview. Step by step instructions

4 INTERVIEW PREPARATION MODULES

16 Videos | 4 Downloadable Workbooks | 10 Practical Tasks

CONFIDENCE & HOW TO TALK ABOUT YOU



FINDING STRENGTHS & WEAKNESSES

JOB SEARCHING & HANDLING REJECTIONS



APPLYING FOR JOBS & UNI + RESUMES

Sign in details have been emailed by Ms Hardy to Year 12

Follow us and get FREE resources at [in](#) [f](#) [@](#) info@highschooltohireable.com.au

HighSchool to Hireable
BY INTERVIEW CHIX

Careers News – Create Your Career Google Site

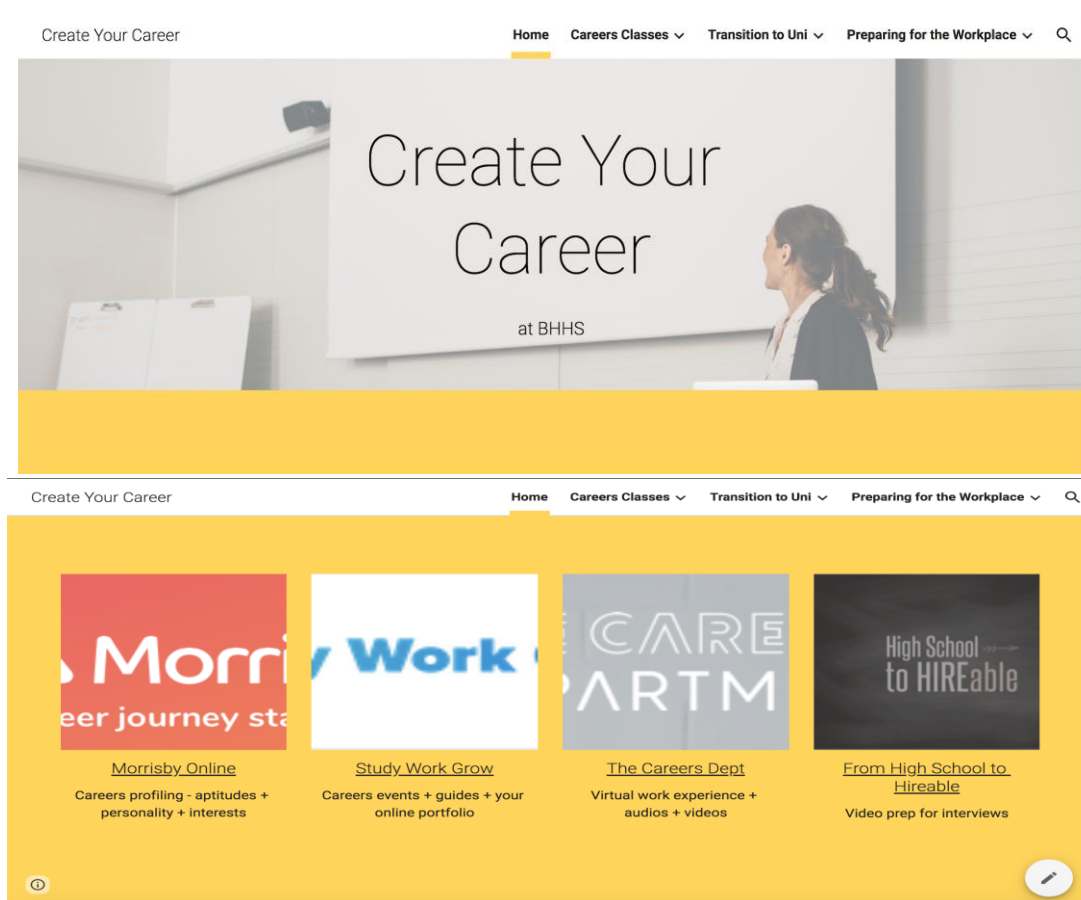
Students can access this content via their @bhhs Google accounts. To help your child with their career development process, please see this link: <https://myfuture.edu.au/assist-your-child>

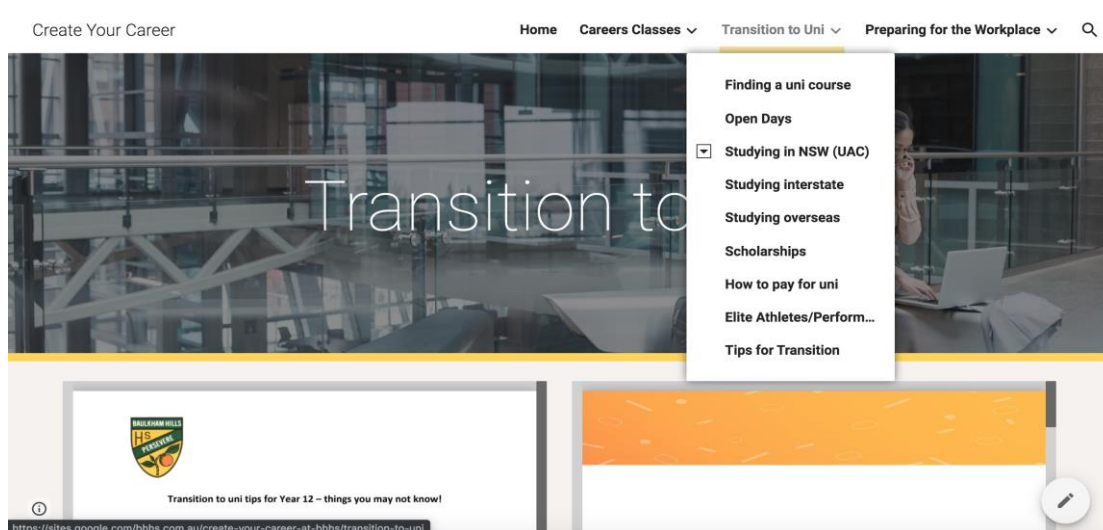
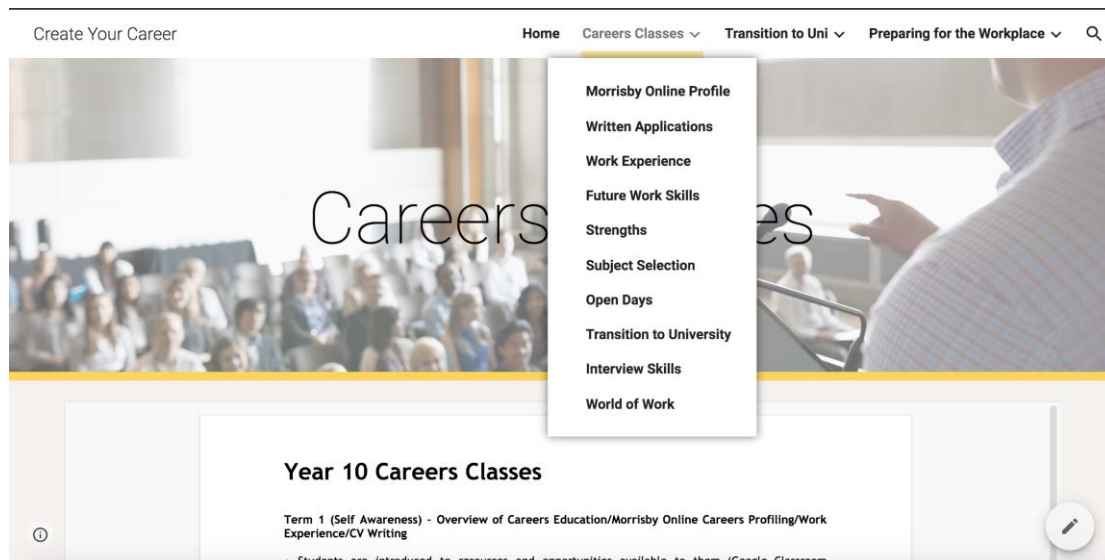
From the homepage, students can access all their subscription resources:

- 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







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>

Interested in Writing and Science here is a competition for you

https://careerswithstem.com.au/bragg-student-science-prize-2/?utm_source=Refraction+Media&utm_campaign=8b6f7ca6bf-EMAIL_CAMPAIGN_2018_04_04_COPY_01&utm_medium=email&utm_term=0_20dc88b9ea-8b6f7ca6bf-148757961&mc_cid=8b6f7ca6bf&mc_eid=29252fcee

The competition closes 5pm Friday 27 August.



UNSW Bragg Student Prize for Science Writing

The UNSW Bragg Student Prize for Science Writing is a competition for Year 7-10 students in Australia.

Topic: The STEM in Everyday Life

Science, technology, engineering and maths is part of everything around us, from our response to the pandemic, to the tech we use for play. Mobile phones, traffic lights and TikTok, your food, health, the climate, the built environment and the natural world around you – STEM has had a part to play in understanding, refining and creating so much of the world we take for granted everyday.

Lost Property on Hills Bus

Lost Property Contact Details


For enquiries about lost items, please contact the relevant depot for further information.

Alternatively, if your matter is urgent please contact Transport for NSW on 131 500.

Not sure who to contact? Visit [Lost Property – Transport for NSW](#).

Hillsbus

 (02) 9890 0000

 customer.service@cdcbus.com.au

Symptoms of COVID-19

Symptoms of COVID-19 include:

- Fever (37.5°C 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

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.