

# Rotary International District 9600 Limited

ACN: 125 588 696

## YOUTH EXCHANGE COMMITTEE

[www.rotaryyouthexchange9600.com.au](http://www.rotaryyouthexchange9600.com.au)



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### COVID-19 D9600 Update 25/3/2020

The situation with COVID-19 is being taken seriously by the Australian government and a number of restrictions have been put in place to slow the spread of the virus.

Qld is in border lock down, anyone coming to Qld from interstate will go to 14 days quarantine, travel within the QLD is discouraged.

However, schools currently remain open and decisions to close schools will be made by the government on an as needs basis. Based on this the current requirements are now in place for Rotary exchange students.

- All travel for students within Australia and in Qld has been put on hold or cancelled including Uluru trip.
- Students are advised to avoid gathering and to practice good hygiene measures.
- The students who were on Lady Elliot Island will be back on the 26<sup>th</sup> March. Although QLD health has not declared Lady Elliot as a risk area, I would recommend that the students to be extra vigilant and monitor their health for the next 14 days.
- Host parents may take the option of not sending the students to school before the Easter holidays commence.
- During the Easter holidays I would advise the students not to congregate or go out to parties. Observe social distance of 1.5m.
- Contact the school for study arrangement and homework if not attending school
- You can get out of the house, go for a walk, exercise and shopping
- Avoid crowds or crowded area
- Try to remain active and take the opportunity to help around the house.

Advise to students:

1. Wash your hands often and properly. That means washing your hands when you've been out and about and before you eat (and after you go to the toilet!). (See attached poster)
2. Try to stay at least 1.5 metres away from people who are coughing or sneezing.
3. Looking after yourself by eating a healthy, balanced diet, getting regular physical activity. Sleeping well and reducing stress is important all the time, not just when you're trying to avoid getting sick, so we recommend you keep these healthy habits in mind every day.
4. You might have seen people in public wearing facemasks lately, and wondered if you should, too. There isn't any evidence that wearing a facemask will stop you from catching a virus like novel coronavirus (COVID-19), so if you're well, you don't need to wear a facemask.
5. If you're sick with symptoms of novel coronavirus (COVID-19) and you have a facemask, you should wear this when you go to medical appointments. This is to protect others from contracting novel coronavirus (COVID-19) from you.
6. Cover your mouth and nose every time you cough or sneeze and throw used tissues in the bin and wash your hand immediately after.
7. If you have symptoms of novel coronavirus (COVID-19) or have been in contact with someone who has novel coronavirus (COVID-19), you need to advise your host parents, and the district chair and see a doctor immediately. Before your appointment, call ahead and tell the staff what your symptoms are and tell them that you may have been in contact with a potential case of coronavirus. In the meanwhile, put on a mask, avoid contact or being in the same room with people over 60-years-old or those who already have a health condition like a high blood pressure, heart

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ROTARY INTERNATIONAL DISTRICT 9600 LTD

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problems or diabetes.

Our advice has not changed, the best interest of students is to stay where they are. This applies to both students who are currently on exchange in D9600 in Queensland, Australia, as well as D9600 students abroad. There may be more risk for students if they attempt to travel home at this stage. Rotary Youth Exchange D9600 recommends that the in-bound students stay in D9600 and finish their exchange year here. We are following the advise published by Qld health <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>. If there are any changes to this advice, I will advise students and clubs.

Also, we are monitoring the situation regarding the Youth Exchange program for intake July 2020 and outbound 2021. Due to the rapid development and uncertainties, I believe we should be prepared to change or postpone the exchange.

The safety and well-being of the exchange students is our priority. I know Rotary Clubs, Counsellors and host families will take good care of the student.

We will update you immediately if we feel the situation has changed

*Yours in Rotary Service,*

*Ossama El-Saadi*

D9600 YOUTH EXCHANGE CHAIRMAN

# CLEAN HANDS SAVE LIVES

6 steps to successful everyday hand washing



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



In a circular motion rub the tips of fingers in the palm of the opposite hand.



Clean thumb by holding it in the other hand and rotating.



Interlock fingers and rub back of fingers on opposite palms.



Rinse hands with water.