

CUMMINS AREA SCHOOL NEWSLETTER

Term 1, Week 8

BUS DRIVERS

Warrow

Ben McCracken-0466 618 786

Mt Hope

Kym Griffiths - 0400 667 472

Karkoo

Susan Hughes - 0477 088 043

Wanilla

Sharon Arnold - 0447 820 519

Cockaleecheie

Leon Seaman - 0429 703 030

Douglas Well

Vince Diment - 0427 762 428

Koppio

TBA

Brimpton Lake

Barry Boyce - 0418 762 319

Yallunda Flat

Denis Darling - 0429 950 159

Parents must contact the bus driver at least 24 hours prior to travel being required on an alternate bus.

UHF channel 10

CONTACT US

a. McFarlane St, Cummins

p. 8676 2388

e. DL.0754_info@schools.sa.edu.au

w. cumminsas.sa.edu.au

PRINCIPAL'S MESSAGE

This newsletter comes after a couple of hectic weeks for the school.

Some highlights from the last couple of weeks include:

- ◆ Our brand new Laser Cutter was commissioned. Mr Woolford gained some extra training in this space and we are all very excited by the potential of this machine
- ◆ Yr. 12 students attended a seminar on "Balancing the Big Year". This session, which we provide to our Yr. 12 students every year is always well received and delivers a range of strategies around study and life to our students as they start navigating the year. Thanks to Mardi for organising this for us.
- ◆ Kellie Taylor spoke to Secondary classes around the Mark Oliphant Science Awards and encouraged participation in this to further grow their scientific knowledge.
- ◆ School Immunisations for our Yr. 8 and 10 students took place
- ◆ I attended a Partnership meeting with other Central Eyre Principals to discuss our Improvement Agendas.
- ◆ Yr. 11 and 12 students welcomed students from TBAS to join us as the RAP team presented a session on Road Safety awareness.
- ◆ Swimming Carnival – the closest in many years.
- ◆ The Honourable John Gardner, Minister for Education officially opened the new Art and Design Centre.
- ◆ A very well attended Sports Day with great participation and atmosphere.

Swimming Carnival was a fantastic event and we welcomed a fabulous crowd along to watch the day. Thanks to the CAS Sports Committee for their organisation, the Swimming Pool Committee for the canteen and facilities and our parent / community volunteers. To follow up less than a week later with Sports Day – particularly with a long weekend in the middle – was a stellar effort but this has ensured our students will have maximum time to prepare for Interschool at Tumby Bay and SAPSASA Athletics in Port Lincoln, both of which are scheduled to take place in Week 10. The Junior Primary also ran their Sports Day alongside the Primary and Secondary groups, and it was fabulous to see everyone from F-12 taking part in



Government of South Australia
Department for Education

athletics events against their peers.

We are starting to see some Covid cases entering the school community. To assist families with understanding the definition of a classroom contact you will once again find the DfE placemat attached to this newsletter. The information is also available on the SA Health website. It is vital that your family is connected to SeeSaw as this is the simplest, fastest method of distributing information re COVID cases to families when this is required. If you are not connected or have difficulties with the app / format, please let the front office know ASAP and we will endeavour to assist you or note that we need an alternative form of communication. The advantage of SeeSaw is that we can see which parents have / haven't looked at a message and know who to follow up with.

Harmony Day saw a sea of orange throughout the school. It was a great day to provoke conversation about the concept of harmony, inclusiveness, respect and belonging for all; and what that means in our everyday lives, and the lives of others around the world.

Have a fabulous fortnight.

Mel

STUDENT ID CARDS \$4.00

Student ID Cards are now available from the Finance Office for years 7-12. Please bring along \$4.00 to collect your card.

Thank you.

CAS CHAPLAINCY – AGM

The Cummins Area School Chaplaincy Annual General Meeting will be held on Tuesday, 22nd March 2022 at 5.00pm in the Cummins School Library.

All school and community members are very welcome to attend. Any queries or apologies please contact Catherine Haarsma – 0427762309.

TERM 1 KEY DATES

Week 10

Monday 4th April - Years 4-12 EEPASSA Interschool Athletics Carnival @ Tumby Bay

Friday, 8th April - Years 4-6 Lower Eyre Peninsula Sapsasa Athletics Carnival @ Port Lincoln

We have noticed that a number of our students are arriving early in the mornings. Please note that as the school day does not commence until 8.30 am there is no one on yard duty and therefore no supervision in the yard before this time. Not only is this a physical safety concern for our students but we also know that a bumpy morning can make the whole day challenging for many of the children and young adults attending our site.

FLINDERS WIN IN A NAIL BITING FINISH TO SWIMMING CARNIVAL

With the temperature in Cummins reaching 29°C, it was ideal conditions for the annual Cummins Area School Swimming Carnival. Students from Years 3-12 assembled at the Cummins and District Memorial Swimming Pool for the event and proudly displayed their house colours of red, yellow or blue while cheering on their team mates. 25 metres freestyle, breaststroke and backstroke races were timed and competition was keen with many close outcomes. The 100 metres freestyle events took place prior to the carnival. No new records were set.

Novelty events once again proved popular, with students receiving points for participation. Older students competed in their house in the Rope Tow and Clothes Relay while the younger students used the shallow end of the pool to compete in Tube Relay and Noodle Relay or Kick board Relay.

The carnival concluded with 4 x 25 metres mixed freestyle relays with students eagerly competing in their houses for the final points of the carnival, as the overall results were extremely tight. The staff V parents V house captains provided an entertaining finish to the day with the parents being dominant in the event.

Only 19 points separated the first two houses as they endeavoured to win the Yvonne Majoor Shield. Flinders was the winning team and they have shown their dominance in the pool by winning five of the last six Swimming Carnivals. Final results were Flinders 1348, Eyre 1329 and Sturt 1055. Flinders house captains Jacob Parsons, Elsie Maddern, Larry Fitzgerald and Eva Agars proudly accepted the shield on behalf of their excited team members.



Flinders Captains: (back) Elise Maddern & Jacob Parsons. (Front) Eva Agars & Larry Fitzgerald.

Each boy and girl individual age group winner was presented with a medallion, with 40 points the maximum score possible. Thank you once again to Lower Eyre Family Practice (Gerard and Jo-Anne Quigley) for their continued support in donating the medallions for these winning age group competitors.



Girls Age Group Winners: Tori Saviour, Abbee Cash, Sharni Blacker, Georgia Bascombe, Zora Curtis, Aiobheann Fox, Amity Mickan, Della Pedler, Elke Dunbar



Boys Age Group Winners: Aaron Kerr, Braden Holley, Blake Phillips, Cody Millhouse, Noah Radford, Miles Curtis, Leo Bascombe, Dustin Siviour, Max Crettenden.

SWIMMING CARNIVAL 2022 INDIVIDUAL AGE GROUP WINNERS

Age	Girls	Points	Boys	Points
8 mixed	-		Max Crettenden	30
9 years	Aiobheann Fox	31	Harry Blacker	30
10 years	Elkie Dunbar	40	Dustin Siviour	40
11 years	Della Pedler	40	Leo Bascombe	40
12 years	Zora Curtis	37	Miles Curtis	37
13 years	Georgia Bacombe	30	Noah Radford	37
14 years	Tori Siviour	37	Braden Holley	40
15 years	Amity Mickan	40	Blake Phillips	33
16 years	Sharni Blacker	35	Aaron Kerr	37
Open years	Abbee Cash	35	Cody Millhouse	36

Congratulations to the students on their behaviour and participation in the carnival. They participated with enthusiasm and maximum effort, while still making sure they had fun. They encouraged all swimmers, especially those who may have found swimming a challenge, but who wanted to participate and gain points for their sports house. Well done!

- Obviously, there are many people to thank who helped to make the Swimming Carnival a success.
- Cummins District Swimming Pool for the use of their fantastic facilities
 - Pool Committee for providing amazing canteen facilities with a large range of delicious food, drinks and snacks
 - Parents who assisted with timing and help in the canteen
 - Swimming instructors, Robyn May and Sallyann Hill, for helping with safety and student participation
 - Our school grounds people, Megan and Blake, for getting shades, chairs, tables etc to the pool
 - SSO staff who supported a number of our students with timing and participation
 - Claire Adams and Hannah Patterson for setting up the scoring technology
 - Bonnie for printing and emailing programs
 - House captains for preparing folders, organising relay teams and general encouragement and support of their house
 - Year 5/6 students for designing the Swimming Carnival program covers
 - Parents, grandparents and spectators for coming to watch and support the students
 - School staff for supervision of students, timing, marshalling, scoring, setting up and taking down shades etc on the day
 - Sports Committee (Kellie, Steph, Mike, Ivko, Henry, Liam, James, Kellie, Jo, Bronny) for all their behind the scenes organization including meetings, planning, collection of equipment etc
 - Cummins Area School students, who continue to make these days successful with their participation, engagement and encouragement of other students.

EYRE TAKE THE SHIELDS AT SPORTS DAY

Cummins Area School held its annual Sports Day on Thursday, 17th March at the Cummins Town Oval. Students from Foundation to Year 12 took advantage of the sunny, calm conditions to participate against their peers, in house competitions. Junior Primary students enjoyed modified activities challenging a variety of skills.

Students in Years 3-12 competed in track and field activities as well as novelty events in their sports houses. With the chance to gain points for

participation, all students had a go and tried their best, which was extremely pleasing to see.

In each age group, a medal was presented to the student who accumulated the most individual points from all of their events. Congratulations to the individual winners and also to the two students, Christopher Wright and Elsie Maddern, who broke records this year.

EVENT	PREVIOUSLY HELD RECORD	NEW RECORD
Open boys 1500 metres	4:56:21, Aaron Hancock, 2002	4:52:61, Christopher Wright, 2022
Open girls shot put	8.98m, Amesha Meyers, 2010	9.18m, Elsie Maddern, 2022



Record Breakers: Elsie Maddern and Christopher Wright.

The captains for Eyre, Oisin Fox and Della Pedler (Primary), Jackson Rowbottom and Holly Gale (Secondary), accepted both the Jenny Kennett Shield for the championship points and the Danny Hughes Shield for the combination of championship and novelty points. Final points for the day were Eyre 3824 points, followed by Flinders on 3616 points and Sturt with 3255 points.



Winning Eyre Captains: Della Pedler, Holly Gale, Oisin Fox and Jackson Rowbottom.

Results from the day will be collated and used to select both the Interschool Sports Day team (at Tumby Bay) and the SAPSASA Athletics team (at Port Lincoln), with both days scheduled for Week 10 this term.

Thank you to the many people who helped to make Sports Day a success.

- Cummins Memorial Recreation Centre for not only allowing us to use oval and facilities on the Sports Day, but also for several days leading up, enabling us to mark the track and field event lines
- Pool Committee for providing amazing canteen facilities with a large range of delicious food, drinks and snacks
- Parents who assisted with timing, age group leaders and in charge of events
- Parents who assisted in the canteen
- Lower Eyre Family Practice for donating the medallions for the individual championship winners
- Our school ground people, Megan and Blake, for getting shades, chairs, tables, high jump bags etc to the oval
- SSO staff who supported a number of our students with participation in a variety of forms
- Bonnie for printing and emailing programs
- House captains for preparing folders, organising relay teams and general support of their house
- Year 5/6 students for designing the Sports Day program covers
- James and Michael Minhard for sand for the jump pits
- Parents, grandparents and spectators for coming to watch and support the students
- School staff for supervision of students, timing, marshalling, scoring, setting up and taking down shades etc
- Sports Committee (Kellie, Steph, Mike, Ivko, Henry, Liam, James, Kellie, Jo, Bronny) for all their behind the scenes organization including meetings, planning, collection of equipment etc
- Cummins Area School students, who continue to make these days successful with their participation, engagement and encouragement of other students.



Girls Age Group Winners: Jessica Crosby, Elsie Maddern, Annabelle Shirley, Matilda Nettle, Taleah Turner, Amity Mickan, Della Pedler, Lucy Hazelgrove, Kenzie Hancock & Haidee Holman.



Boys Age Group Winners: Bradley Phelps, Jaxon Millard, Charlie Turnbull, Henry Turnbull, Theo Bammann, Noah Radford, Archie Fitzgerald, Zack Modra, Dustin Siviour, Cyril Pedler & Max Crettenden.

SPORTS DAY 2022 INDIVIDUAL AGE GROUP WINNERS				
Age	Girls	Points	Boys	Points
8 mixed	-		Max Crettenden	72
9 years	Haidee Holman	52	Cyril Pedler	68
10 years	Kenzie Hancock / Lucy Hazelgrove	70	Dustin Siviour	78
11 years	Della Pedler	89	Theo Bammann	66
12 years	Taleah Turner	87	Zack Modra	67
13 years	Annabelle Shirley	92	Archie Fitzgerald / Noah Radford	80
14 years	Matilda Nettle	74	Bradley Phelps	107
15 years	Amity Mickan	74	Jaxon Millard	86
16 years	Jessica Crosby	92	Charlie Turnbull	76
Open years	Elsie Maddern	72	Henry Turnbull	84

Junior Primary Sports Day



CAS CANTEEN ROSTER TERM 1 2022

	MON	TUES	WED	THURS	FRI
Wk 8	21/03/22 Canteen Closed	22/03/22 Canteen Closed	23/03/22 Ali Ward	24/03/22 Kirsty Koch	25/03/22 Paula Britza *Jodi Mickan
Wk 9	28/03/22 Canteen Closed	29/03/22 Canteen Closed	30/03/22 Del Meaney	31/03/22 Hayley Ness	01/04/22 Coreyanne Wait *Tegan Modra
Wk 10	04/04/22 Canteen Closed	05/04/22 Canteen Closed	06/04/22 Gemma Crettenden	07/04/22 Hayley Fitzgerald	08/04/22 Katrina Phelps *Jess Wedd

CANTEEN TERM 1, 2022

Hi, we're already in week 8 and it's great to be back in the canteen with our amazing volunteers. REMEMBER this week the canteen is closed on Thursday for Sports day. Open Wednesday and Friday.

The canteen has had a new air conditioner installed, making it much more comfortable for all who come to help out. Please see the current roster above and thank you to everyone who has already organised their swaps. You may find yourself not on the roster this term, due to a lack of available days but we look forward to welcoming you back in Term 2. You will be asked to provide proof of your Covid vaccinations at the Front Office on your first shift back. As always, your support is greatly appreciated.

Thank you to the school community who have adjusted well to our change in operating days for Term 1. Whilst we are closed Mondays and Tuesdays this term, we are still offering a full menu and delicious new specials every week – see the CAS Canteen Facebook page or QKR! for the weekly updates.

If you haven't yet downloaded the QKR! App, now is the time to do so. It is the preferred way to order recess and lunch for your child. Cash orders are still accepted. QKR! is quick, easy and cash-free, be sure to update your child's new class on the App, so their lunch is delivered to the correct classroom.

It's fantastic to see more and more families purchase reusable lunch bags. For just \$10.50

they are a great environmentally friendly option. They come in a range of colours and can be ordered on the QKR! App or by visiting the School Finance Office. Your child just pops the bag into their class basket in the morning and their lunch is served in that.

Have a great week ahead.

Sophie & Carrie

**Starting time Wednesday and Thursday
12noon to 2:15pm**

Friday starting time 11:50am to 2pm

***Friday starting time 12:30pm to 2:15pm**



CUMMINS SCHOOL COMMUNITY LIBRARY

IS ALWAYS OPEN ONLINE



EXPLORE OUR MANY ONLINE SERVICES
WWW.LIBRARIES.SA.GOV.AU/CUMMINS
PHONE US ON 86762476 FOR INFORMATION



Thanks Mr. Woolford
We would like to say a HUGE
thank you to Jed Woolford,
Design and Technology
teacher, for making a mud
kitchen for our new Nature
Play program. It was
thoroughly enjoyed by all on
Friday, after Baby Bounce!

SLSA OUT OF THE BOX PROGRAM: BOARD GAMES FROM THE PAST



The trial from the State
Library, of 5 giant board
games, depicting historical
events, will draw to a close
at the end of March.
Feel free to visit and
enjoy...fun for all the family!



PREMIER'S READING CHALLENGE

Our school is once again participating in the Premier's Reading Challenge.
The Challenge requires students to read 12 books between the beginning of the
school year and early September.



Teachers and Library staff are encouraging students to: read various genres and
formats eg. audio books, e-books; record the amount of pages read; plus seeing how
many times the Challenge can be completed in one year!
Various awards will be distributed at the end of the year from Library staff, along
with participation certificates/medals from the Premier.

CUMMINS AREA SCHOOL PRESCHOOL &
RURAL CARE PARENT COMMITTEE

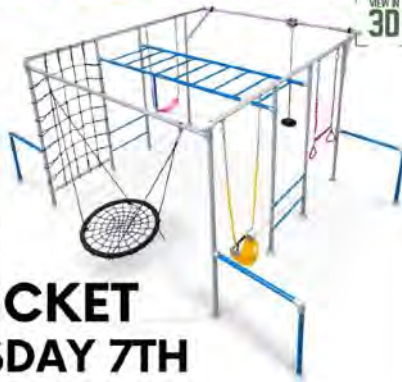
MAJOR FUNDRAISER

**FUNKY MONKEY
BARS - THE
GORILLA PLUS**

RRP \$3,538.03 (including delivery)

OR \$2,500 CASH

WINNERS CHOICE!



**\$20 PER TICKET
DRAWN THURSDAY 7TH
APRIL 2022**

Tickets available via EFT and can be purchased
by contacting our Treasurer,
Ashley Lawrie on 0429 855 360, or message
through our Facebook Page - @CASPreschoolPC

Payment Details for tickets -

BSB: 633 000

ACC: 162 569 222

ACC NAME: A Lawrie

REF: First initial & last name

Thanks so much for supporting our local Preschool & Rural Care. Your
support will enable us to upgrade our Outdoor Playspace even further!



TREASURELIFERIDE+

Cummins Hotel

WEDNESDAY 6TH APRIL
FROM 6:00PM
LIVEMUSIC

MUSIC BROUGHT TO YOU BY
CHRISSEYKBAND

SET MENU \$50 - ENTREE + MAIN
\$6 PINT SPIRIT LIFE - ALL PROCEEDS TO FUNDRAISER
\$150 OF EVERY TICKET DONATED TO FUNDRAISER

RONALD MCDONALD HOUSE +
MATTHEW FLINDERS HOME

SUSA

Life, Love & Hope for a Young Generation

**Kids Camp
EP**

**Saturday
March 26th
10am-4pm**

Pt. Neill foreshore

POP UP!

All young people
aged 7-13 yrs
Welcome!

**Morning tea and lunch,
games, music and fun!**

\$10 per child

Registration forms available
from your local KCEP leader.

Return by Friday March 18th

Sandra Eldridge 0400800346



Cycling over 600km from Ceduna to Port Lincoln

..... **2-7 April 2022**

Raising funds for **Ronald McDonald House Adelaide**,
and **Matthew Flinders Home** in Port Lincoln.



Fundraising events along the way at our
sponsoring hotels:

- **Sat 2 April:** Ceduna Foreshore Hotel
- **Sun 3 April:** Streaky Bay Hotel
- **Mon 4 April:** Wudinna Hotel
- **Tue 5 April:** Cleve Hotel
- **Wed 6 April:** Cummins Hotel
- **Thu 7 April:** Port Lincoln Hotel

See all hotel websites for details!!

Donations can be
made via direct deposit
Treasure Life Ride
BSB: 035-067
Acc. No.: 246-427

Donations over \$2, please email
tony.baj@icloud.com with name &
transfer date for tax receipt.



Specific Learning
Difficulties SA



FREE Parent Workshops

Topics include: Dyslexia, Numeracy, Executive Functioning Skills, Building Resilience & Self-Esteem and general literacy.

April 8-9



Port Lincoln Primary School



For the full schedule and to book visit:
<https://www.speldsa.org.au/regional-parent-workshops>



Thank you to the Hon John Gardner MP for supporting this initiative.

TESTING, ISOLATING AND QUARANTINE FOR SCHOOL AND OSHC SETTINGS





IF A STUDENT OR STAFF MEMBER TESTS POSITIVE FOR COVID-19 THEY MUST NOTIFY THE SCHOOL AND/OR OSHC AND ISOLATE FOR 7 DAYS.



Government of South Australia
Department for Education



CONTACT DEFINITIONS AND REQUIREMENTS

Student  Students attending the site and undertaking learning activities	Teacher or school services officer in classroom settings  People working in classroom and/or OSHC settings (teachers, AEWs, SSOs)	Student support in 1:1 settings  People working 1:1 with students (eg SSOs, disability support, allied health workers)	Ancillary staff and contractors  Administrative positions with limited student/child contact, ground keeping etc.
STUDENTS ARE A CLASSROOM CONTACT IF: <ul style="list-style-type: none"> they shared a classroom or interacted with someone who has tested positive for COVID-19 (teacher, SSO, ancillary staff or student) <p>Parents will be informed there has been a positive case of COVID-19 by the school and/or OSHC.</p> <p>STUDENTS ARE REQUIRED TO:</p> <ul style="list-style-type: none"> if the student has symptoms, they must not attend school and get tested as soon as possible students (aside from the positive case/s) will be encouraged to continue attending school if they don't have any symptoms student attendance at OSHC should be avoided where possible for 7 days from 28 February, students can attend extra-curricular activities, excursions and camps if they don't have any symptoms* <p><i>*Students who are in a classroom where SA Health has required action beyond the testing, isolating and quarantine requirements outlined in this document should not attend extra-curricular activities until advised.</i></p>	YOU ARE A CLASSROOM CONTACT IF: <ul style="list-style-type: none"> you shared a classroom with someone who has tested positive for COVID-19 (teacher, SSO, staff member or student) <p>YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days rapid antigen 'test to stay' and attend work if you receive a negative result 	YOU ARE AN SSO 1:1 CONTACT IF: <ul style="list-style-type: none"> you supported a student or child 1:1, who has tested positive for COVID-19 indoors, in close proximity and face masks were not able to be worn <p>YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days quarantine (as per standard community requirement)* <p><i>* in the event that a 1:1 SSO is considered of critical importance to the wellbeing of certain students, work permissions with RAT 'test to stay' will be considered on an individual basis by the site leader.</i></p>	YOU ARE A CLASSROOM CONTACT IF: <ul style="list-style-type: none"> you shared a classroom with someone who has tested positive for COVID-19 (teacher, SSO, staff member or student) <p>YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days rapid antigen 'test to stay' and attend work in a classroom if you receive a negative result
A STUDENT IS AN SSO 1:1 CLOSE CONTACT IF: <ul style="list-style-type: none"> they were helped 1:1 by an SSO or teacher who has tested positive for COVID-19 for more than 15 minutes and face masks were not able to be worn. <p>STUDENTS ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days rapid antigen 'test to stay' to return to school. If the student is unable to test, they must quarantine for 7 days. 	YOU ARE A WORKPLACE CLOSE CONTACT IF: <ul style="list-style-type: none"> you spend more than 15 minutes indoors, in close proximity and not wearing a mask <u>with another adult</u> who has tested positive for COVID-19* <p>YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days quarantine (as per standard community requirement)^ <p><i>*All education staff are required to wear a mask when indoors (except if it's impeding your ability to communicate while teaching). Workplace contacts should be minimal.</i></p>	YOU ARE A WORKPLACE CLOSE CONTACT IF: <ul style="list-style-type: none"> you spend more than 15 minutes indoors, in close proximity and not wearing a mask <u>with another adult</u> who has tested positive for COVID-19* <p>YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days quarantine (as per standard community requirement)^ <p><i>*All education staff are required to wear a mask when indoors (except if it's impeding your ability to communicate while teaching). Workplace contacts should be minimal.</i></p>	YOU ARE A WORKPLACE CLOSE CONTACT IF: <ul style="list-style-type: none"> you spend more than 15 minutes indoors, in close proximity and not wearing a mask <u>with another adult</u> who has tested positive for COVID-19* <p>YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> 7 days quarantine (as per standard community requirement)^ <p><i>*All education staff are required to wear a mask when indoors (except if it's impeding your ability to communicate while teaching). Workplace contacts should be minimal.</i></p>

HOUSEHOLD CONTACT REQUIREMENTS

If a staff member or student tests positive to COVID-19, all people who live in that household must quarantine for 7 days (or 14 days if the household cannot separate).



CLASSROOM CONTACT ADVICE

The Chief Public Health Officer advises it's good practice for classroom contacts to do the following for 14 days to minimise risk to others, when outside of the school, preschool or early childhood education and care setting:

- avoiding high risk settings or COVID Management Plan events
- wearing a surgical mask around others (where age appropriate) and outside your home

- avoid working across worksites unless an approved risk management plan is in place (eg rapid antigen testing)
- avoiding contact with vulnerable people outside of your workplace or family, where possible
- avoiding non-essential activities where possible (eg where there are lots of people, inside, in close contact)
- avoiding shared spaces and maintain physical distance.

[^] People who have recovered from COVID-19 will not be considered a close contact for 8 weeks after their release from isolation. After 8 weeks, you will still be considered a close contact if you are exposed to COVID-19 and meet the close contact definition. You will need to quarantine and get tested.