



COVID-19 Newsletter



Jervis Bay Community | Issue no. 01 | 07 May 2020

Welcome to the first issue of the COVID-19 Newsletter, a publication designed to keep you up-to-date on the latest information on the current health pandemic affecting Australia.

Each newsletter will provide advice on current measures that are in place, tips on how to protect yourself and your loved ones and what services are available in your local community.

This issue looks at the recent State of Emergency Declaration and Public Health Emergency Declaration and Directions that were issued at the end of April, advice flyers that will be coming to your house hold soon, the COVIDSafe app and the opening of the new COVID-19 clinic at Shoalhaven Hospital.

If you have any feedback for future newsletters, we would love to hear from you. Please contact us by emailing jbt@infrastructure.gov.au



State of Emergency Declaration

The State of Emergency Declaration for the JBT has been extended until 23 May 2020. As at 6 May 2020, there were no known cases of COVID-19 in the JBT. It is important we keep it this way in order to protect the elders and vulnerable members of our community. This Declaration assists the JBT Emergency Management Committee, and Emergency Services supporting the JBT, to manage any risk from COVID-19. The health and wellbeing of the community is the first priority.

The community also needs to be aware that a Public Health Emergency Declaration was issued on 22 April, and new Public Health Emergency Directions were released on 1 May to support the two emergency declarations. The new Directions will bring the JBT in line with the restrictions already in place in NSW. Under these Directions, residents are required to stay in their homes, unless they have a reason such as shopping for groceries, travelling for work, exercise, or for medical or caring reasons while no more than one other visitor is present at the place of residence visited. These instruments are available here: <https://bit.ly/2SJxjcn>

Public gatherings are limited to two people. People are also warned not to intentionally spit at or cough on a public official, other worker or any one at all. Local police will enforce all restrictions as needed, so please do the right thing.

As the COVID-19 situation is constantly changing please be aware that these restrictions are current as at today, 5 May 2020. Residents will be notified in due course should there be any relaxation of restrictions.

In the meantime, keep an eye out for the COVID-19 Advice flyer that will be distributed to households in your area for tips on how to protect yourself and loved ones during this time.

COVID-19 Advice
Australian Government
Department of Infrastructure, Transport,
Regional Development and Communications

COVID-19 Protect your loved ones
Jervis Bay Community

COVID-19 Protect your loved ones

STOP the spread

- Clean your hands thoroughly for 20 seconds with soap or hand sanitizer.
- Cover your nose and mouth when coughing and sneezing with a tissue or a bent elbow. Put the tissue in the bin.
- Avoid close contact with people with cold or flu symptoms.
- Stay home if you are sick. If sick, only leave the house if you must.

Practise simple hygiene by washing hands regularly

- 1 Wet hands
- 2 Apply soap
- 3 Lather and scrub
- 4 Rinse hands
- 5 Turn off tap
- 6 Dry hands

COVID-19 Advice
Jervis Bay Community

COVID-19 Protect your loved ones

Need medical help?

- If you have serious and severe symptoms such as difficulty breathing, call 000 for urgent medical assistance.
- Healthcare appointments are available in both perth and Shoalhaven Community Health Clinic. If you are interested in a Healthcare appointment contact the clinic on 02 442 6200 or 1800 015 100.

Work Day clinic: Mondays to Fridays 9:00am - 3:00pm
Perth clinic: Tuesdays to Fridays 9:00am - 3:00pm

COVID-19 Assessment Clinic at Shoalhaven Hospital. The clinic is located on the reception level, level 2nd floor, entry 2nd floor clinic at the Shoalhaven General Hospital. The clinic will operate from 8:30am to 4:30pm, seven days a week, and can be contacted by phone on 1800 002 100.

More information

- For up-to-date information on COVID-19, consult the Australian Government Department of Health website or call the Commonwealth Health Information Line 1800 020 080. The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, please call 1800 400.
- Information also available from HealthDirect: 1800 022 222 or by visiting healthdirect.gov.au/covid-19.



National park update

The Booderee National Park closure has been extended and will remain closed to visitors and non-essential travellers until **23 May 2020**.

When to leave home?

With the new Public Health Directions in place, you may be unsure of when you can leave your house and what is considered an appropriate reason to do so.

A person may leave their place of residence (household) to visit another person's place of residence for the purpose of providing care or support to the other person, as long as no more than one other visitor is present at the place being visited.

Providing care or support for another person, includes providing care or support for the mental, physical or emotional health or well-being of the person.

Remember, you are not a visitor if:

- you are a member of the household/residence, or
- you are under the age of 18 years and are a child of a visitor at the household/residence, or
- you have a reasonable reason to leave your place of residence to be at the place of residence visited.

New COVIDSafe App

The federal Department of Health has released a new Australian Government approved app to help stop the spread of COVID-19. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus. Having confidence we can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

Download today...

- The new COVIDSafe app is completely voluntary
- Your information and privacy is strictly protected
- Only state and territory health officials can access the data
- You can delete the COVIDSafe app from your phone at any time
- We need your help, please download the COVIDSafe App today!



Get the app



Need medical help?

If you have **serious and severe symptoms** such as difficulty breathing, **call 000** for urgent medical assistance.

Telehealth appointments are available in both Jerrinja and Wreck Bay community health clinics. If you are interested in a Telehealth appointment, contact the clinics to see if Telehealth is right for your situation on **(02) 4448 0200** or **1800 215 099**.

Wreck Bay Clinic: Mondays 9:40am - 3:00pm

Jerrinja Clinic: Tuesdays 9:40am - 3:00pm

New COVID Assessment Clinic

COVID-19 Assessment Clinic at Shoalhaven Hospital. The Clinic is located in the Hospital in the Home area. Entry to the Clinic is via the Shoalhaven Street driveway. The Clinic will operate from 8:30am to 4.30pm, seven days a week, and can be contacted by phone on **1300 002 108**.

More information

For up-to-date information on COVID-19, consult the **Australian Government Department of Health website** or call the Coronavirus Health Information Line 1800 020 080.

The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, please call 131 450.

Information is also available from **Health Direct 1800 022 222** or by visiting healthdirect.gov.au/coronavirus.