



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 03 | 5 June 2020

NOTICE BOARD

Electricity Reminder

Electricity accounts are now overdue. If you are having difficulties paying your account or need assistance, please contact us on 4442 2200.

L & P-Plate drivers

Learner and P-Plate courses have not commenced. We are currently working with ACT Government to find an appropriate work around to commence testing.

No spitting reminder

It is against the law to intentionally cough or spit on a public official or other worker. People committing these offences face significant penalties.

COVID-19 Advice

Keep an eye out for the social distancing advice flyer in your letterbox for tips to stay healthy.



JBT Restrictions ease from 2 June

The *Public Health (Jervis Bay Territory) Emergency Direction (No. 4) 2020* is in force from Tuesday 2 June 2020, and provides further flexibility around what you can do during the COVID-19 pandemic.

As of 2 June 2020, the social distancing guidelines have been revised. The following rules still apply:

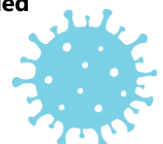
- the four square metre per person rule
- social distancing - maintaining 1.5m distance from others
- only five visitors to enter or stay at your home at one time
- 10 person limit on public gatherings
- hygiene and safety requirements for businesses
- gathering in groups of more than 10 if it is for the purposes of work, moving house or workplace, viewing or inspecting real estate property or a display home to purchase or lease or fulfilling a legal obligation (for example, attending court)
- **20 Weddings** and religious ceremonies must not have more than 20 people guests (excluding the people being married or those conducting the ceremony)
- **50 A funeral** or memorial service can have no more than 50 people (excluding the people conducting the service)
- **50 A religious service** can have no more than 50 people (excluding the people conducting the service).

PLEASE NOTE: the above direction does not overrule the current Booderee National Park closure or Wreck Bay Aboriginal Community restrictions on non-residents accessing the community. The Park closure will remain in place until 23 June 2020, regardless of changes to the *Public Health (Jervis Bay Territory) Emergency Direction (No. 4) 2020*.

In order to protect at-risk JBT residents please continue to follow social distancing and good hygiene practices. Whilst restrictions have eased, please be mindful that COVID-19 continues to present a serious risk to our more vulnerable residents.

REMEMBER when visiting NSW, the guidelines issued by NSW Government will be applicable.

Local police will enforce all restrictions as needed so please do the right thing.





National park update

The Booderee National Park will remain closed to all visitors and non-essential travellers until **23 June 2020** to protect the health of Elders and vulnerable residents in our community. Residents will be notified of any changes to this closure.

COVIDSafe App

We need as many Australians as possible to download the COVIDSafe app to help find and contain any outbreaks quickly and so we can continue to ease restrictions while still keeping Australians safe.

Search “**COVIDSafe**” in the Apple or Google Play store and download today.

Know faster if you've come in contact with Coronavirus.

Download the COVIDSafe app today.

Visit health.gov.au

Don't be afraid to get tested

To date, more than 18,000 people in the Illawarra region have now been tested for COVID-19. We still want anybody who has even the mildest of symptoms to come forward and be tested.

Symptoms of COVID-19

Unexplained fever

Cough

Tiredness

Sore throat

Loss of smell

Loss of taste

Runny nose

Muscle pain

Joint pain

Diarrhoea

Nausea/vomiting

Loss of appetite

COVID Assessment Clinic

The COVID-19 Assessment Clinic is 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**.

Need medical assistance or support?

Please **call 000** for urgent medical assistance (e.g. difficulty breathing).

Telehealth appointments are available in the Wreck Bay community health clinic. If you are interested in a Telehealth appointment, contact the clinic 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

Beyond Blue: 1300 224 336

Lifeline: 13 11 44

More information

For up-to-date information on COVID-19, visit www.health.gov.au or call 1800 020 080 (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.

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