It’s everyone’s responsibility

As at 22 July 2020, there were no known cases of COVID-19 in the JBT however it’s up to everyone to keep it this way. As we have seen with the recent rise in community cases throughout New South Wales, the pandemic is not over and won’t be for some time.

This next phase involves learning to manage the health risks, and keeping ourselves, family and friends safe. To date, some 50,000 people in the Illawarra Shoalhaven 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 – including young people.

It’s also really important to look after your health. Have a balanced diet, book your flu shot in if you haven’t already, get regular exercise, maintain your social connections online or over the phone, and establish a healthy sleep pattern. Now is the time to put yourself and loved ones first.

The State of Emergency Declaration for the JBT has been extended from 9 July 2020, for a further 30-day period. This instrument is available here: www.regional.gov.au/territories/jervis_bay/community/bulletins/bulletins-2020/index.asp

More than 6 million downloads - COVIDSafe App

More than 6 million Australians have downloaded the COVIDSafe app to help find and contain any outbreaks quickly. If you have not already, we need your help to continue to keep Australians safe. Search COVIDSafe and download today...
Know the signs and get tested

**Symptoms of COVID-19**

<table>
<thead>
<tr>
<th>Unexplained fever</th>
<th>Runny nose</th>
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<tbody>
<tr>
<td>Cough</td>
<td>Muscle pain</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Joint pain</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Diarrhoea</td>
</tr>
<tr>
<td>Loss of smell</td>
<td>Nausea/vomiting</td>
</tr>
<tr>
<td>Loss of taste</td>
<td>Loss of appetite</td>
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</tbody>
</table>

**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.

**More information**

For up-to-date information on COVID-19, visit [www.health.gov.au](http://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.


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

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**Medical Assistance**

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

**Wreck Bay community health clinic**

Telehealth appointments are available. If you are interested in a Telehealth appointment, contact the clinic to see if Telehealth is right for your situation:

(02) 4448 0200 or 1800 215 099

**Wreck Bay Clinic**

open Mondays and Thursdays
9:40am - 3:00pm
Please make an appointment

**Lifeline** 13 11 44

**Beyond Blue Coronavirus Mental Wellbeing Service**

1800 51 23 48

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