COVID-19 Newsletter

Jervis Bay Territory Community | Issue no. 06 | 22 July 2020

STOP the spread

Clean your hands thoroughly for at least 20 seconds with soap and water or an alcohol-based hand rub.

Cover your nose and mouth when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.

Avoid close contact with anyone with cold or flu-like symptoms.

Stay home if you are sick. If not, only leave the house for essential items like food and medicine.

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...**

Download on the App Store   GET IT ON Google Play

Know the signs and get tested

Symptoms of COVID-19

Unexplained fever	Runny nose
Cough	Muscle pain
Tiredness	Joint pain
Sore throat	Diarrhoea
Loss of smell	Nausea/vomiting
Loss of taste	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**.

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

Did you know?

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

Anyone with respiratory symptoms (such as cough, sore/scratchy throat or shortness of breath) or unexplained fever should be tested for COVID-19.

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

Get tested for COVID-19 if you have a **cough, sore/scratchy throat, fever, runny nose, loss of smell** or **loss of taste.** Self-isolate until you get your test result.