



# COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 08 | 7 August 2020



We would like to say a huge thank you to all JBT residents that have been tested for COVID-19.

More than 65,000 COVID-19 tests have been conducted in the Illawarra region, including the JBT community.

This is making a huge difference to keeping our community safe and JBT COVID-free.

If you haven't been tested, don't let the worry stop you. Watch the "COVID Testing Walk with Keona" on Facebook to see how simple it is.



Visit [Illawarra Shoalhaven Local Health District Facebook page](#) and watch the video today.

## August sees new restrictions in place

Due to the ever changing environment we are experiencing with COVID-19, the *Public Health (Jervis Bay Territory) Emergency Direction (No. 8) 2020* was updated again to ensure our community remains protected and safe. Currently, there are still no COVID-19 cases in the JBT community and it is important we keep it this way by maintaining physical distancing and having good hygiene practices.

### New restrictions as of 6 August 2020

1. JBT venues such as cafes, restaurants and food and drink premises have to comply with the [same restrictions as pubs across NSW](#). For example, group booking/arrival limits of 10 people and COVID safety plans in place (such as collecting information off guests for contact tracing if required).
2. JBT residents who have been in COVID-19 hotspots locations (as identified in [ACT public health directions on interstate hotspots](#)) **must** self-isolate for 14 days (unless exempt).
3. A person who has been to a COVID-19 hotspot, who is not a JBT resident, is **not authorised** to enter JBT and **must** leave JBT if asked to do so by an emergency services officer.
4. These COVID-19 hotspot restrictions **do not apply** to persons who have completed 14 days quarantine in another State or Territory, or if they are providing an emergency or law enforcement service.

### JBT State of Emergency extended

The *Declaration of State of Emergency (Jervis Bay Territory) (No. 7) 2020* has been extended until 1 September 2020. It is important everyone takes responsibility during this time to protect the elders and vulnerable members of our community. This Declaration assists key members of the JBT Emergency Management Committee (EMC), 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 directions and declarations can be seen here:

[www.regional.gov.au/territories/jervis\\_bay/community/bulletins/bulletins-2020/index.aspx](http://www.regional.gov.au/territories/jervis_bay/community/bulletins/bulletins-2020/index.aspx)



## Stay up to date

Restrictions in the JBT are regularly changing so scan the QR code below to stay up to date on the latest COVID advice and Public Health Directions.



## Protecting your mob

COVIDSafe App for mobile phones helps protect our mob from coronavirus. The more people who use the app, the better it works so visit the Apple or Google Play store and download today.



Together we can stop COVID-19

## Medical Assistance

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

<b>Wreck Bay community health clinic</b> Telehealth appointments available	Open Mondays and Thursdays 9:40am–3:00pm (02) 4448 0200 or 1800 215 099
<b>Lifeline</b>	13 11 44
<b>Beyond Blue Coronavirus Mental Wellbeing Service</b>	1800 51 23 48

## 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 8:30am–4.30pm, seven days a week, and can be contacted by phone on **1300 002 108**.

## More COVID-19 information

Visit [www.health.gov.au](http://www.health.gov.au) or call 1800 020 080 (operates 24/7). For translating or interpreting services, please call 131 450.

Call **Health Direct** on **1800 022 222** or visit [www.healthdirect.gov.au/coronavirus](http://www.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](mailto:jbt@infrastructure.gov.au)

