



# COVID-19 Newsletter



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## What is a hot spot?

Hotspots are places in Australia where health officials have detected many people with COVID-19.

If you have been to a hotspot, you are required to self-isolate for 14 days from the day you leave the hotspot, unless exempt.

You should also get tested, even if you have no symptoms.



If you are traveling, keep up-to-date with where COVID-19 hotspots are by visiting [www.nsw.gov.au](http://www.nsw.gov.au) and [www.act.gov.au](http://www.act.gov.au) websites.



## Current COVID-19 situation

NSW Health has informed us that two Sydney residents who transited through the JBT over the weekend, have since been confirmed with COVID-19. The risk of transmission is considered very low. There are still no cases of COVID-19 in the JBT community. As a precautionary measure, Booderee National Park is closed from 12-13 August. For more information, refer to

[https://www.infrastructure.gov.au/department/media/mr\\_20200811-protecting-jervis-bay-coronavirus.aspx](https://www.infrastructure.gov.au/department/media/mr_20200811-protecting-jervis-bay-coronavirus.aspx)

This is a timely reminder to the community to watch for COVID-19 symptoms, maintain good hand hygiene, stay 1.5m apart from others, stay home if you are feeling unwell and get tested if you have symptoms.

## Do I need to wear a face mask?

With the recent rise in community transmission of COVID-19 across NSW, both the NSW and ACT governments now recommend wearing a face mask in places where you cannot physically distance from others. This includes supermarkets, public transport, places of worship, while working in a customer-facing job, or when caring for others.

Wearing a mask is an important protective measure to keep you and your community safe.

If you choose to wear a mask, it is important to:



Wash your hands before putting on the mask



Wash or sanitise your hands after removing your mask



Make sure it covers your nose and mouth, fits snugly under your chin, covers the bridge of your nose and against the sides of your face



Don't touch the front of the mask while wearing it. Wash or sanitise your hands if you touch it.

Read more at [nsw.gov.au/covid-19/face-masks](http://nsw.gov.au/covid-19/face-masks)



## Stay up-to-date

The COVID-19 pandemic across Australia is constantly changing so the restrictions in JBT are also regularly updated to adjust to the situation and to help keep you safe.

To find the most up-to-date information on restrictions in Jervis Bay:

- Scan this QR code with your mobile
- Pop into the JBT Office on Village Road
- Visit [https://www.regional.gov.au/territories/jervis\\_bay/community/bulletins/bulletins-2020/index.aspx](https://www.regional.gov.au/territories/jervis_bay/community/bulletins/bulletins-2020/index.aspx)

Instructions for how to use a QR code are below.



## Need medical help?

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

<b>Wreck Bay community health clinic</b> Telehealth appointments available	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
<b>COVID-19 Assessment Clinic</b> Shoalhaven Hospital	8:30am–4.30pm 7 days a week 1300 002 108

## Let's stay apart, together



## More 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)

