Be COVIDSafe

There are still no cases of COVID-19 in the Jervis Bay Territory community. However, as the number of cases continue to grow in Sydney and surrounding areas in NSW, it is a timely reminder to be COVIDSafe.

COVIDSafe means maintaining at least 1.5 metres between you and others at all times, regularly washing your hands with soap, staying at home if you’re sick and getting tested if you have cold or flu-like symptoms.

If you have already been tested for COVID but start to feel sick again, get re-tested. Stay at home while you wait for your results.

1–9 active cases
10–19 active cases
20-29 active cases

Be COVIDSafe

For up-to-date information on COVID-19, visit www.health.gov.au or call 1800 020 080 (operates 24/7). 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.
Look after your mental health

Life as we know it has changed in countless ways because of COVID-19. Understandably, it’s affecting our mental health and the wellbeing of many in our community. Remember, you’re not alone in how you feel. Remember to:

- Maintain your social connections online or over the phone.
- Have a daily routine.
- Get regular exercise.
- Establish a healthy sleep pattern.

For more information and support, visit [health.act.gov.au/mentalhealth](http://health.act.gov.au/mentalhealth)

Wash your hands to stop the spread

Clean hands keep you healthy and help stop the spread of germs.

Regularly wash your hands for 20–30 seconds with soap. Remember to wash in-between your fingers, the back of your hands and your thumbs.

Always wash your hands after using the bathroom, when you’re preparing food, before or after eating, and after you have been out.

Hand sanitiser is a good alternative when soap and water aren’t available.

### Need medical help?

**Wreck Bay community health clinic**

Telehealth appointments available

- Mondays and Thursdays 9:40am–3:00pm
- (02) 4448 0200 or 1800 215 099

**Lifeline**

- 13 11 44

**Beyond Blue Coronavirus Mental Wellbeing Service**

- 1800 51 23 48

**COVID-19 Assessment Clinic**

- Shoalhaven Hospital
- 8:30am–4.30pm 7 days a week
- 1300 002 108

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