COVID-19 Newsletter

Jervis Bay Territory Community | Issue no. 11 | 01 Sept 2020

How COVID-19 spreads

COVID-19 can spread from person to person through:

- Close contact with an infectious person (including 48 hours before they show symptoms)
- Contact with droplets from an infected person’s cough or sneeze
- Touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face.

COVID-19 is a new disease, so there is no existing immunity in our community. This means that COVID-19 can spread quickly and widely. Stay COVID Safe.

Extension to State of Emergency

In March 2020, the Australian Government introduced a range of restrictions across Australia and in JBT to curb the spread of the COVID-19 virus.

These actions were designed to limit risks to the JBT community and include the Minister declaring a state of emergency, issuing of the public health emergency declarations and directions for the JBT, and restricting entry into the Territory. To see the documents, scan the QR code below or visit: https://www.regional.gov.au/territories/jervis_bay/community/bulletins/bulletins-2020/index.aspx

While the Shoalhaven region has not been significantly affected, this is not the case for other NSW areas and Victoria. Given this, the current declared state of emergency for JBT has been extended for a further 30-day period.

By doing this, the JBT will continue to be protected and supported, with the health and wellbeing of the community the first priority.

As at 1 September 2020, there were no known cases of COVID-19 in the JBT.

JBT residents should continue to follow Australian Government and state and territory government advice, including on travel restrictions, health, hygiene, physical distancing and self-isolation.

For further information, please see www.health.gov.au or phone the Coronavirus Health Information Line on 1800 020 080.
Travelling to hotspots

JBT residents are urged not to travel to areas where COVID-19 outbreaks are occurring. Currently this includes all travel to Victoria, and some locations in NSW.

A series of self-isolation requirements are now in place for people who need to travel to affected areas.


Have you been tested for COVID-19?

If you are unwell and you have been tested for COVID-19, it is important that you stay at home while waiting for your test results AND until your symptoms resolve.

Tips for self-isolation

If you are waiting for results from a COVID-19 test or you have tested positive, you must self-isolate.

Self-isolation means you must not:
- leave your home except in an emergency or for essential medical care
- go into public places including shops, petrol stations etc.
- let any other person into your home unless the person:
  - lives with you and cannot live anywhere else
  - is providing medical care for you
  - is entering for an emergency.

If you live in a house, you may go into your garden or courtyard.

If you leave the house for any reason, you must wear a mask.

Isolating with others

If you share your home with others, you should limit your contact by:
- using a different bathroom if possible, otherwise frequently clean the shared bathroom
- frequent cleaning of the house, especially things people touch often like door handles, taps and remote controls
- avoiding shared areas if possible
- wearing a mask when in the same room as others
- not sharing household items
- practising good hand hygiene
- cover coughs and sneezes
- staying alone in a room if you can.

Need medical help?

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

Wreck Bay community health clinic
Telehealth appointments available
Mondays 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

Jervis Bay Territory Administration, Village Road, JBT 2540 Australia | Telephone: 02 4442 2200
www.infrastructure.gov.au