COVID-19 Newsletter

Jervis Bay Territory Community | Issue no. 13 | 24 September 2020

COVID app

The COVIDSafe App helps protect you, your family and community from coronavirus.

Download the app today!

Stay up-to-date

Remember, restrictions in the JBT are regularly changing so scan the QR code below to stay up-to-date on the latest COVID-19 advice and Public Health Directions.

Stay COVIDSafe in school holidays

These school holidays, with more people on the move and visiting, make sure you are staying COVIDSafe by sticking to the restrictions, continuing to practise good hygiene, staying at home when you’re sick and following physical distancing guidelines.

Some key tips to remember over this holiday period are:

- Make sure that if you have family and friends wanting to visit, both you and they are healthy, and following all the rules – we all need to keep protecting our family and friends.
- No more than 20 people are allowed in your home.
- No more than 20 people can gather in an outside space.
- Check local restrictions if you are travelling. If you have guests, make sure they understand the local rules, including for Booderee National Park.
- If you become sick while travelling, stay put and get tested nearby.

Notice: Increase in Sewer Blockages

There has been a recent increase in blockages, which can lead to pump breakdowns at the sewerage treatment plant and affect the efficiency of household sewerage systems. The Jervis Bay Territory Admin Office would like to remind everyone that the following items should NOT be flushed down the toilet:

- wet wipes/"flushable" wipes
- kitchen paper
- rags
- nappies
- sanitary products (pads and tampons)
- tissues, cotton balls and buds

These items should be put in the red-top bin.
Taking care of your health

Remember to look after your physical health by:
- Keeping up with regular health checks and appointments
- Keeping active and eating well.

Your mental health is just as important as your physical health.

If you need help, talk to friends and family, or someone you trust. You can also talk with a health professional from home via telehealth services or online.

For more information visit [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

Help stop the spread

The virus that causes COVID-19 can last on surfaces from a few hours to a few days. Remember to clear surfaces you regularly touch to remove harmful bacteria. Clean the:
- Table tops
- Door handles
- Benches
- Hand rails
- Light switches
- Kitchen
- Bathroom
- Phone

Who is more at risk of getting COVID-19?

Everyone is at risk of getting COVID-19. However, some people are more at risk of getting really sick, such as:
- people who already have an illness, like cancer or diabetes
- older people
- Aboriginal and Torres Strait Islander peoples
- People living in group homes

Although, it is unsure how dangerous COVID-19 is for children and young babies, you should still take care to protect them from catching it.

We all have to play our part to stop the spread and to protect each other, especially those more at risk.

Need medical help?

If you have **serious and severe symptoms** such as difficulty breathing, call 000 for urgent medical assistance.

**Telehealth appointments** are available in both Jerrinja and Wreck Bay community health clinics. If you are interested in a Telehealth appointment, contact the clinic to see if telehealth is right for your situation on (02) 4448 0200 or 1800 215 099.

**Wreck Bay clinic:** Mondays 9:40am - 3:00pm

**Jerrinja clinic:** Tuesdays 9:40am - 3:00pm

**COVID-19 Assessment Clinic** at Shoalhaven Hospital. The clinic is located in the Hospital in the Home (HITH) 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, consult the **Australian Government Department of Health website** or call the Coronavirus Health Information Line 1800 020 080.

The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, please call 131 450.