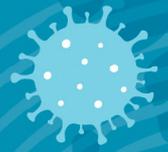




Australian Government  
Department of Infrastructure, Transport,  
Regional Development and Communications



# COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 14 | 16 Oct 2020

## Calling all Navy Cadets

To mark their return after a six-month break due to COVID-19, the TS Jervis Bay Australian Navy Cadets (ANC) are inviting potential cadets and their families to visit their cadet unit at HMAS Creswell from 9am – 11am, Saturday 17 October.

Come along and see first-hand the inspiring and challenging experiences that ANC provides young people, teaching them important skills and values that they can take with them through life.

If you have a child who is between the ages of 12 and 17 and is interested in attending, you must register their attendance before-hand for COVID-19 tracing requirements.

All forms and information can be found by contacting TS Jervis Bay on: [tsjervisbay@cadetnet.gov.au](mailto:tsjervisbay@cadetnet.gov.au)



## Public Health Emergency extended

The Public Health Emergency Declaration for the Jervis Bay Territory (JBT) has been extended a further 90 days from 12 October, as part of the ongoing response to the COVID-19 pandemic, to protect the local community. Further information is available here:

[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)

JBT residents should continue to follow Australian Government and state and territory advice, including travel restrictions, health, hygiene, physical distancing and self-isolation. Use our QR code for all the latest local rules:



## Don't be afraid to get tested

With community transmission of COVID-19 still occurring in New South Wales, it is important to come forward for testing, even if you have mild symptoms. The COVID-19 test is quick and easy.

### How does the COVID-19 test work?

-  Anyone with respiratory symptoms or unexplained fever should be tested
-  People without symptoms do not require testing, except in special circumstances
-  Swabs may be taken of your throat and nose
-  Swab is sent to lab to be tested
-  Negative result – You will receive a SMS if you were tested at a public hospital ED or COVID-19 clinic and registered for text alerts
-  Positive result – You will be called by a doctor or your local Public Health Unit



More than 125,000 tests have already been done in the Illawarra Shoalhaven region. Remember, it's important to get retested if your symptoms change or you get new symptoms or a later infection.

Symptoms include fever, cough, tiredness, sore throat, loss of smell or taste, runny nose, muscle or joint pain, diarrhea or stomach pain.



## Download COVIDSafe app



## 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

## Getting ready for bush fire season

Last bush fire season taught us some terrifying lessons about the importance of bush fire preparedness.

In the coming weeks, fire crews will run community “Get Ready” weekends to help you prepare for the coming bush fire season, with dates soon to be announced. Further information is available here:

<https://www.rfs.nsw.gov.au/>

In the meantime, remember the four simple steps to get yourself, and your family ready for a bush fire:

### 4 SIMPLE STEPS

Preparing for a bush fire is easier than you think. It's your responsibility to prepare yourself, your home and your family.

There are four simple steps to get ready for a bush fire:



#### 1. DISCUSS

what to do if a bush fire threatens your home.



#### 2. PREPARE

your home and get it ready for bush fire season.



#### 3. KNOW

the bush fire alert levels.



#### 4. KEEP

all the bush fire information numbers, websites, and the smart phone app.

## Stay at home if you feel unwell

Staying home when you're feeling unwell—no matter how mild— isn't just a favour to yourself, but others as well. Watch your symptoms, and look after yourself!



## 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.

Information is also available from **HealthDirect 1800 022 222** or by visiting [healthdirect.gov.au/coronavirus](https://www.healthdirect.gov.au/coronavirus).