



# COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 15 | 30 Oct 2020

## Keep it clean

**COVID-19 has put the spotlight on the importance of hygiene. But good hygiene is a year-round commitment, not just during a pandemic.**

**Keeping surfaces clean, washing your hands regularly, practicing correct cough and 'atishoo' manners (sneeze into a tissue or in the crook of your elbow—not your hands) lowers your risk of diseases and illnesses spreading, as well as preventing reinfections.**

**Consider having the below items in your house:**

### HAVE YOU GOT THESE ITEMS IN YOUR HOUSE?



## Extension to State of Emergency

The declared State of Emergency for the Jervis Bay Territory (JBT) has been extended for a 30-day period from 27 October 2020 as part of the ongoing response to the COVID-19 pandemic.

As COVID-19 continues to pose a risk to public health and the JBT community, there has also been a further extension of the public health emergency declaration in the JBT for an additional 90 days.

This enables public health directions to continue to be issued to help prevent, or control the response to a possible outbreak in the JBT.

As restrictions slowly ease, the health and wellbeing of the JBT community remains the first priority. 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.



## Staying COVID Safe this NAIDOC Week

This year, NAIDOC Week will be held from 8 to 15 November, to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.



To celebrate we will be holding a NAIDOC Week 'Booderee Cup' event on **11 November**, including a BBQ lunch followed by activities for school children and a game of football for the 'Booderee Cup.' The event is expected scheduled to start

at **11:00am**, with a Remembrance Day Acknowledgement followed by a NAIDOC Acknowledgement.

We hope to see you all there. NAIDOC Week provides a great opportunity to participate in activities and celebrate in the local community in a COVID Safe way, including by keeping to the latest health advice. To find out about NAIDOC Week activities in our area, contact the Nowra [Regional Office](#).



### Stay informed

Use our QR code for all the latest local rules:



### 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



### Be smart, stay apart

We know it has probably been a while, but remember to keep your distance when catching up with mates.

COVID-19 spreads mainly among people who are in close contact for a prolonged time. Since people can spread the virus before they know they are sick, it's vital we stay at least 1.5 metres from others to stop the spread.

Be smart, stay apart.

**DO**

Wave, smile, say hello

**DON'T**

Hug, handshake, kiss

### Supporting elders in your community

The COVID-19 pandemic is affecting all of us.

However, older Australians are more at risk, which is why we need to take extra steps to protect them. Yet, the travel restrictions and social distancing measures that have been designed to help them can also make them feel more isolated.

Social and physical distancing doesn't have to mean loneliness. While we need to limit our face-to-face visits, there are other things we can do to help older Australian feel connected and less lonely:

- Show them how to use technology such as video chat, smartphones or laptops to stay connected
- Encourage friends and family to telephone, drop a note, send them cards, or write a letter to lift their spirits
- Have a chat to them over the fence
- Cook a meal and leave it at their front door
- Pick up groceries and other essentials for them
- Check in on them daily

