



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 16 | 18 November 2020

Temperature checks

You may have noticed when you enter some NSW shops, medical clinics and aged care facilities, you are required to have your temperature checked at the door.

These temperature checks should be contactless and are done to check whether you have a fever.

This is an extra precaution to protect vulnerable people in the community.

Sanitiser

When entering many shops, grocery stores, or public places there may also be free sanitiser for you to use.

Sanitiser kills all the germs on your hands and it is important to use it as it helps stop the spread of COVID-19.

Do the right thing and check in when you enter a venue



Do the right thing
- always check in

Changes to Public Health Direction for JBT

On 3 November, the Australian Government revised the COVID-19 Public Health (JBT) Emergency Direction (No.10) to align with changes to the NSW Public Health Orders.

The changes to the directions for the JBT include:

- up to **30 people** can gather in an outdoor public place
- restaurants, cafes, pubs and clubs can take group bookings of up to **30 customers per booking**
- and the number of people per table increases to **30 customers** (excluding weddings, funerals and corporate events)
- places of worship and religious services can have up to **300 people**, subject to the **4 square metre rule**

Use our QR code for all the latest rules:



Get ready for a COVIDSafe summer

Every year, as the weather begins to warm up, we remember to swim between the flags, 'Slip!, Slop!, Slap!' and check the Fires-Near-Me app. This year, we also need to make sure we are staying COVIDSafe by following these tips for a safe and healthy summer:

- Remember to keep a towel length (1.5m) between you and other beachgoers
- Avoiding crowds
- Wash your hands, and stay home if you're sick
- Take your own food, drinks and gear – don't share with people you don't live with
- Comply with COVID safety rules wherever you go
- Don't forget the usual safety advice when you're out in the sun, enjoying our waterways or cooking outdoors.



Your COVID Safe
Beach Kit



**WEAR A LIFEJACKET
DON'T RISK YOUR LIFE**

Keep yourself safe in all activities – this includes fishing. Rock anglers are encouraged to always wear a lifejacket, check local weather conditions regularly, and be aware that surf conditions can change very quickly.

Read more safety tips here: <https://www.watersafety.nsw.gov.au/Pages/rock-fishing/rock-fishing-safety.aspx>

Need medical help?

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

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

Look after your mental health

With COVID-19 restrictions slowly easing and borders reopening across the country, you might be feeling anxious, stressed or overwhelmed by these changes. More than ever, it's important to take care of your mental health.

If you're not feeling good, you might need to talk to someone — your family, friends and community. You can also reach out to your local doctor, community health service or chat to someone over the phone or online.

Here are some phone numbers to call, online chat services you can use and websites you can visit:

- Lifeline (for anyone having a personal crisis) – call 13 11 14 or chat online, 24 hours
- Counselling Online (for anyone with a drug or alcohol problem) – call 1800 888 236 or chat online 24/7
- eheadspace (for 12–25 year olds) – chat online 9am – 1am
- Kids Helpline (for 5–25 year olds) – call 1800 55 1800 or chat online, 24 hours

For more information and resources from some of Australia's most trusted mental health organisations visit: <https://headtohealth.gov.au/>

Celebrating NAIDOC Week and marking Remembrance Day

Departmental staff would like to extend our heartfelt thanks to all those who participated in this year's NAIDOC Week and Remembrance Day celebration on **11 November**.

A special thank you goes to the children, teachers and family of JBT school, Booderee National Park staff, HMAS Creswell who ran the Remembrance Day service and activities, and the Wollongong Wolves who organised a football clinic for the children. We would also like to acknowledge the staff and volunteers from BNP, JBT School, HMAS Creswell, the AFP and WBACC.

