



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 17 | 9 December 2020

Feeling unwell? Get tested.

Testing is an important step in managing COVID-19, as it means it can be detected and treated early before it is spread in the community. More than 150,000 tests have already been conducted in our district but testing rates recently have dropped.

You should get tested for COVID-19 if you have any of the following symptoms, no matter how mild:

- a fever of 37.5 degrees or higher (or recent history of fever such as chills or night sweats), **OR**
- a sore throat, cough, runny or blocked nose or shortness of breath, **OR**
- loss of sense of smell or taste.

To get tested, you can either visit a [COVID-19 Testing Clinic](#) or you can call your GP for advice.

If you have serious symptoms such as difficulty breathing, chest pain or a severe fever, call triple zero (000).

COVID-19

If you're unwell, get tested.

If you're feeling unwell, even if you have very mild symptoms, get tested for COVID-19. Symptoms can include fever, cough, sore/scratchy throat and shortness of breath. Other reported symptoms including loss of smell, loss of taste, runny nose, muscle pain, joint pain, diarrhoea, nausea, vomiting and loss of appetite. It's important to stay home while you wait for your results to protect yourself and others.

Find a COVID-19 clinic near you
www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics

➤ KEEP OUR MOB SAFE

Extension of State of Emergency for the JBT

The State of Emergency (SoE) Declaration for the Jervis Bay Territory (JBT) has been extended for a 30-day period from 25 November 2020, as part of the Australian Government's ongoing response to the COVID-19 pandemic.

The health and wellbeing of the JBT is the first priority, with the extension of the SoE ensuring the JBT community is protected and supported through COVID-19.

While there have been no known cases of COVID-19 in JBT as at 9 December, residents are urged to continue following the current health directions on travel restrictions, health, hygiene, physical distancing and self-isolation in order to keep themselves, their families, friends and community safe.

Changes to the current public health directions for the Territory are expected to be in force before Christmas - until then JBT residents should follow current Australian Government and state and territory government public health advice. For more information on the latest rules, use our QR code.



Staying COVIDSafe during the holiday season

With the holiday season approaching, follow these tips for COVIDSafe celebrations.

- Do your holiday shopping early or online to avoid large crowds.
- Have social gatherings outside and bring your own food, drinks and cutlery.
- If you feel unwell, avoid social gatherings, stay home and get tested.
- Stay 1.5 metres away from others and wash your hands regularly.
- If you can't be with your loved ones, send them a holiday card and stay in touch by phone or online.



Together, let's be COVIDSafe.



**Avoid crowds
STAY SAFE**



JBT Administration Office opening hours

We will be open for all counter transactions from **Monday 21 to Wednesday 23 December** between **9am – 12 pm and 1pm – 4pm**

The JBTA Office will be closed from **December 24 and January 4.**

Register your interest for licence testing in early 2021 with the JBTA Office during opening hours.

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

Plan and prepare for bushfire season

Make sure you and your family are ready for this bushfire season by ensuring your bushfire plan is up to date, or if you don't already have a plan, putting one in place.

You can make your plan online in under five minutes at www.myfireplan.com.au, or you can sit down with your family and discuss what you will do using our guide to making a bush fire survival plan.

This year, the bushfire alert symbols have changed, but remember – don't wait for a warning. Some fires start and spread so quickly there may not be any time for a warning. If you get a Bush Fire Alert, you must take it seriously. For more information on the new alert levels visit: <https://www.rfs.nsw.gov.au/plan-and-prepare/alert-levels>

To stay connected to all the latest information, make sure you have downloaded the NSW Fires Near Me App, available for download for both Apple and Android phones through you App Store.

You should also join the Wreck Bay Fire Brigade page on Facebook for local, regularly updated information: <https://m.facebook.com/wreckbayfire/>



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.

More information

For up-to-date information on COVID-19, visit www.health.gov.au or call 1800 020 080 (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 **Health Direct 1800 022 222** or by visiting healthdirect.gov.au/coronavirus.

Get tested for COVID-19 if you have a cough, sore/scratchy throat, fever, runny nose, loss of smell or loss of taste.

Self-isolate until you get your test result.

