



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 18 | 18 January 2021

Protect your elders, family and community and get tested for COVID-19.

Testing is a very important step in managing COVID-19, meaning it can be detected early before it spreads in the community. More than 150,000 tests have already been conducted in our district but we need everyone to continue getting tested if unwell.

- If you are feeling unwell **stay at home unless going to a COVID-19 testing facility.**
- Check your symptoms - you may have COVID-19 if you have any of the following: fever, chills or sweats, cough, sore throat, shortness of breath, runny nose and loss or change in sense of smell or taste.
- **Get tested** at a [nearby testing location](#) if you have any of the symptoms. Return home immediately.
- Wait for your test results. Do not visit family or friends or go out shopping, stay at home. It usually takes two days for your results to be returned to you.



Public Health Emergency Declaration extended for JBT

With COVID-19 continuing to pose a risk to public health and the Jervis Bay Territory (JBT) community, the public health emergency has been extended in the Territory for a further 90-day period.

The declaration enables the ongoing issue of public health directions to support the JBT community through the COVID-19 pandemic.

The current Public Health Directions for the Territory include border restrictions for **ACT-declared COVID-19 affected areas**. These restrictions only apply to the JBT and not the wider Jervis Bay region.

The full list of declared COVID-19 affected local government areas is available in the latest ACT Public Health (COVID-19 Interstate Hotspots) Emergency Direction 2021 available here -

<https://www.covid19.act.gov.au/what-you-can-do/act-public-health-directions>.

It is very important that both residents and visitors to JBT comply with the Public Health Directions.

JBT residents must follow the same rules as visitors:

- If you are a resident of JBT and have visited a hotspot, YOU MUST SELF-ISOLATE for 14 days in your home
- Ensuring family and friends who may be travelling from interstate are complying with the Public Health Directions. Remember, if your family and friends have been in a COVID-19 hotspot area – THEY MUST NOT ENTER the JBT without an approved exemption.

For more information on exemptions or to access an exemption form, email JBT@infrastructure.gov.au

The Australian Federal Police are enforcing the directions in JBT, and residents and visitors who do not comply risk significant penalties, including fines up to \$8000.

Stay up to date with all the latest 2021 Public Health Directions by scanning the below QR code:





JBT Office news

Provisional Licence testing will be held in the Territory on **21-22 January**, provided there are no changes to public health directions for the region.

To ensure the safety of all participants and the examiners, participants will need to fill out a medical questionnaire before the examinations.

Our Office will be in contact with all registered participants to work through the questions.

National Park update

The Park is open to day visitors, however certain restrictions apply.

People who have been to the declared COVID-19 hotspots will be unable to enter the Territory.

Details are on the [Booderee website](#).

The Botanic Gardens are open to visitors. Due to COVID restrictions guided walks are not being conducted.

Camping is currently available at Green Patch (general public) and Bristol Point (Traditional Owners). Campers are required to make a COVID declaration when booking, plus complete an updated declaration when they arrive.

Camping is not currently available at Caves Beach.

COVID-19 and Sorry Business

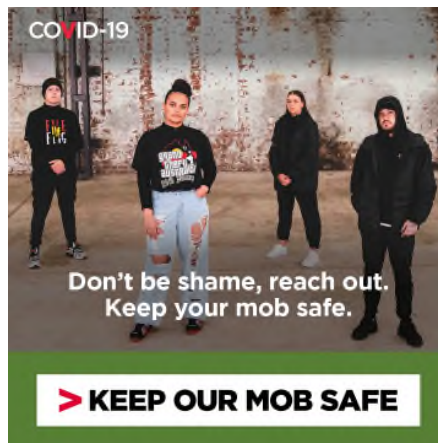
To help keep our communities and our elders safe, strict health rules will need to be followed by all people attending a funeral or wake.

If you are feeling unwell, do not attend and go and get tested for COVID-19.

- Provide organisers with your name and contact details in case there is a need to contact you
- Keep a safe physical distance from others (1.5 metres – that's two big steps)
- Wash your hands thoroughly and often. Keep hand sanitiser with you
- Cough and sneeze into a tissue or your elbow
- Do not share food utensils, drink utensils or cigarettes
- Watch out for any symptoms of COVID-19. Go and get tested nearby even if you only have mild symptoms
- If you notice someone else with symptoms, encourage them to go and get tested
- Download the COVIDSafe app on your phone.

These restrictions for funerals and Sorry Business and the impacts of COVID-19 can be tough on us all. If you or someone you care about is feeling distressed, reach out – to your family, friends and community. You can also talk to your doctor, or talk to someone over the phone or online.

For more information and resources, visit: <https://headtohealth.gov.au/>



Need medical help? (call 000 for emergencies)

Wreck Bay community health clinic - Telehealth appointments available Mondays and Thursdays, 9:40am–3:00pm, (02) 4448 0200 or 1800 215 099

COVID-19 Assessment Clinic Shoalhaven Hospital

8:30am–4:30pm 7 days a week, 1300 002 108