



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

COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 20 | 5 March 2021

Living the new normal

The changes we have made to help stop the spread of coronavirus need to continue into the future to help keep us COVIDSafe.

Remember to keep two big steps away from each other.

Wash your hands with soap and water often and wear a mask when needed.

If you're sick with cold or flu-like symptoms, stay at home and get tested for COVID-19.

COVID-19 testing identifies if patients have COVID-19 and helps health authorities track the spread of the virus.

Early diagnosis means you can take steps to avoid spreading the virus to your friends, family, Elders and community.

So far more than 225,000 tests have been undertaken in the Illawarra region.

It is vital that people continue to get tested to help stop the spread of COVID-19 and to keep your community safe.

Getting tested for COVID-19 is free, quick and easy.

The COVID-19 Assessment Clinic is at Shoalhaven Hospital. The Clinic is located in the Hospital in the Home area. Entry to the Clinic is via the Shoalhaven Street driveway.

The Clinic will operate 8:30am–4.30pm, seven days a week, and can be contacted by phone on **1300 002 108**

COVID-19

When you get tested for COVID-19 it's **free, quick and easy**.
Most people in NSW receive their test result **within 24 hours**.
Don't delay, get tested.

www.nsw.gov.au/covid-19



Update on Australia's COVID-19 vaccine roll-out

Free, safe and effective COVID-19 vaccines will help protect our community from COVID-19. Approved vaccines will be rolled out in phases across Australia. It is important that the first vaccines go to the people who need them most.

As you may know, Aboriginal and Torres Strait Islander adults have been identified as a high priority group for vaccination. This is because there is a higher risk of getting and developing serious illness from COVID-19 due to a number of factors. This may include a higher rate of chronic health conditions and, in some cases, living arrangements involving large or extended families, which increase the risk of spreading the infection.

The vaccine is free and you can choose if you want to get vaccinated. However, by getting it, you will help protect yourself, Elders, your loved ones and your community from COVID-19. The Australian Government will keep you informed on the local roll-out arrangements once they are available.

Learn more at the Department of Health's [COVID-19 vaccines hub](#) and subscribe to the [COVID-19 Vaccines Update](#).



State of Emergency extended

With COVID-19 continuing to pose a risk to public health and the Jervis Bay Territory (JBT) community, the state of emergency has been extended until 13 March 2021.

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

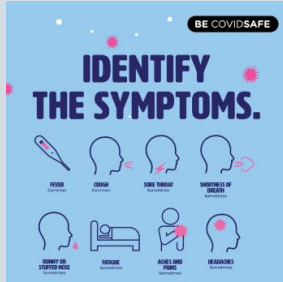
It is each person's responsibility to always follow the Australian Government, state and local government's advice to keep ourselves, our family, friends, Elders and community COVIDSafe.



Remember, it is quick and easy to stay up to date with all the latest COVID news and 2021 Public Health Directions by scanning our QR code.



Are you sick? Get tested!



National Park update

Cave Beach and Booderee Botanic Gardens have re-opened to the public as at 13 February, following a fire that broke out on Tuesday, 26 January 2021.

Cave Beach campground remains closed.

Cave Beach and the Booderee Botanic Gardens are open from 7.00am to 7.00pm each day.

COVID-19 visitor restrictions apply

Travellers must keep up to date with where they can travel and which areas have been declared COVID-19 hotspots by the ACT Government, or Jervis Bay Territory Administration, as the COVID-19 situation in Australia is continually evolving.

The Jervis Bay Territory including Booderee National Park, is currently using the affected areas and hotspot definitions, and travel restrictions outlined in the **Public Health Directions currently in place for the Australian Capital Territory.**

Please consult this list before travelling to Booderee National Park.

Australian Bureau of Statistics now hiring!

The Australian Bureau of Statistics (ABS) is currently recruiting Field Managers for the 2021 Census in the JBT area.

The Census collects important information that is widely used to make important decisions such as how to best support the local community.

Census Field Managers play a critical role in helping their local community complete the Census, with these short-term roles the perfect opportunity to earn extra income while helping your community.

The roles start from May 2021 and pay \$36.90 per hour (including 25% loading) + super.

No resume is required.

To apply for the ABS Field Manager role, go to <https://www.censusjobs.adecco.com.au/>

Your health is in your hands

You may have missed your regular health check-up due to the COVID-19 pandemic. Or maybe you were worried it was not safe to do so.

Your regular medical appointments are important and are part of keeping you and your family healthy. The 715 Health Check is one of the appointments you should not be skipping, especially if you have chronic or existing health conditions. The 715 check is a routine check tailored for Aboriginal and Torres Strait Islander people.

It is free at Aboriginal Medical Services and bulk-billing clinics. The check takes about an hour and will help you find out if you are at risk of any illnesses. This way you can take actions to prevent sickness before it happens.

Other health screenings, such as for breast or bowel cancer, are also really important and you should not delay them.

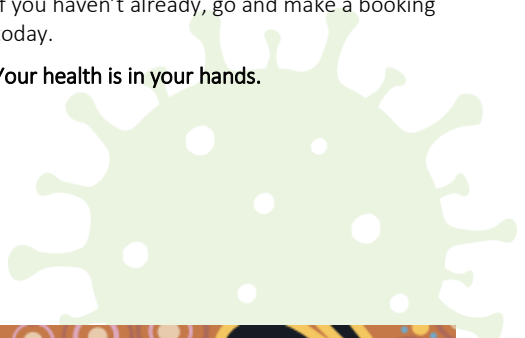
To keep safe while you're at appointments, please follow the instructions you were given when you book. This may include wearing a mask, sanitising your hands when arriving or entering through a separate area. Stay two big steps away from others whenever you can.



And don't forget, having medical checks now can prevent you from being sick in the future.

If you haven't already, go and make a booking today.

Your health is in your hands.



KEEP OUR MOB SAFE, STOP THE SPREAD.

Coronavirus (COVID-19)