



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 21 | 26 March 2021

COVID-19 vaccination – when is it my turn?

The COVID-19 vaccine roll-out is happening in stages, with people most at risk invited to go first.

Phase 1a of the vaccination program started last month! (Did you see the news?)

1a invites everyone working in front line health care, aged and disability care, and quarantine and border control to be vaccinated.

It is also offered to people living in aged and disability accommodation.

From 22 March, Phase 1b is starting. Aboriginal and Torres Strait Islander adults over the age of 55 are part of this phase.

Also, all people aged 70 and over as well as adults with an underlying medical conditions or disabilities will be able to book in once it's available in their area.

Phase 2a will include adults over the age of 50, and the rest of the Aboriginal and Torres Strait Islander adults who haven't received their vaccine yet.

Finally, 2b will be for all other adults over the age of 18.

If you miss your phase, no worries! You can receive your vaccination in any of the following phases.

For a detailed list of who is eligible for vaccinations in each phase visit:
<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-vaccinated-for-covid-19/when-will-i-get-a-covid-19-vaccine>



Got Symptoms? Get tested!

While COVID-19 restrictions may be slowly easing, it is very important that you get tested if you even have the mildest symptoms.

So far, 236,000 people have been tested for COVID-19 in the region, but numbers have been dropping off over the past few months – which means it is harder for health authorities to track the spread of the COVID-19.

Remember that early diagnosis means you can take steps to avoid spreading the virus to your friends or family.

If you have a fever, cough, sore throat or shortness of breath, it is important you get tested. Even people with mild symptoms can still spread the virus!

Getting tested at a COVID-19 testing clinic is free, quick and easy, and there is no limit to the number of tests you can have.



Keep COVID Safe as you hop into the Easter holidays

These Easter holidays, remember to celebrate safely to reduce the spread of COVID-19 and keep your friends, family and community safe.

If you are attending a social gathering or celebration, remember to stay 1.5 metres (two big steps) away from other people.

Wash your hands regularly with soap and water or hand sanitiser. Avoid handshakes, hugs and kisses with people you don't live with.

If you are hosting a holiday celebration, try to keep your guest list small and make sure you have contact details for all your visitors.

Avoid having large gatherings in crowded indoor spaces.

If your family or friends are at risk or vulnerable, consider having a virtual celebration instead. Connect with friends and family over the phone or video.

If you feel unwell, do not host or attend social gatherings. If you have cold or flu like symptoms, you should get tested for COVID-19. You must stay home and isolate until you get your results back, usually within two days.

If you are travelling over the holiday period, check the local and state government advice on what is and isn't allowed in the area.

If you are staying in the JBT, make sure you are up to date with all latest 2021 Public Health Directions by scanning our QR code:





JBT Office notice board

REMINDER:

Office hours for licence and registration functions are:

Tuesday 9am – 12pm and
Thursday 1pm – 4pm

ROAD READY COURSE

Monday 12 April 2021

PROVISIONAL DRIVING TEST

Thursday 8 & Friday 9 April 2021

Wreck Bay water mains are being replaced over the next eight months, the works schedule was delivered to Wreck Bay residents earlier this week.

For further information on the above, please call the Jervis Bay Territory Administration office on (02) 4442 2200.



National Park update

Due to COVID-Safe operating plans, camping will be restricted to a limited number of campsites at Green Patch and Bristol Point to ensure physical distancing.

Cave Beach campsite will remain closed at this time.

To ensure physical distancing, some campsites will remain closed and we remind visitors to stay COVID-Safe while visiting Booderee.

If you are visiting Booderee National Park, remember to practise social distancing – this means keeping a distance of at least two big steps away – cough and/or sneezing into your bent elbow or a tissue, wash your hands regularly with soap and water, stay at home if you're unwell and remember, if you're experiencing cold or flu-like symptoms, get tested for COVID-19.

PFAS update – JBT drinking water testing

The monthly testing for March 2021 shows that Per- and Polyfluoroalkyl Substances (PFAS) levels in JBT drinking water continue to be many times lower than levels recommended by the [Australian Drinking Water Guidelines](#).

The Guidelines are decided by the National Health and Medical Research Council. They are regularly updated to make sure they are based on the latest scientific evidence.

The Australian Government undertakes routine monthly testing for PFAS in JBT's drinking water and engages an independent laboratory to do this work.

This monthly testing continues to show drinking water is well within the national guidelines.

The Government will continue routine monthly water testing for PFAS in JBT and will keep the local community updated on results.

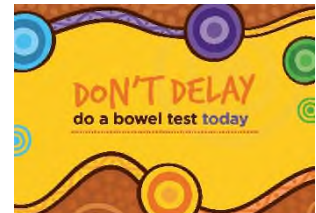
For general information on PFAS health effects and exposure pathways, contact the Department of Health on 1800 941 180, or see the fact sheet:

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/ohp-pfas.htm#pfas>

Bowel screening can save lives

Bowel cancer can develop without any symptoms. It is the third most common cancer for Aboriginal and Torres Strait Islander. If found early, up to 90 per cent of cases can be treated successfully.

The good news is, there is a simple test that can help find bowel changes early. Australians between the ages of 50 and 74 years are sent a free kit in the mail. But screening levels have really dropped off during COVID. If you receive a bowel screening kit in the mail, do it, even if you feel well. It could save your life!



Are you prepared for this storm season?

The recent storms and flooding along the east coast show how important it is to be prepared in the case of an emergency.

Make sure you and your family are prepared for a severe storm or flood and visit:

<https://www.ses.nsw.gov.au/floodsafe/what-floodsafe-means-for-you/floodsafe-for-rural-areas/>

Remember, it's important to be prepared and have a plan in place to protect yourself, your family and your community.

