



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



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 22 | 20 April 2021

Don't take the risk this season – protect your community and get the flu vaccine.

The flu is a very contagious infection that can cause widespread illness and deaths every year.

The flu usually spreads when an infected person coughs or sneezes. Some people may spread the virus before they are infected.

While the flu is more serious in pregnant women, babies, elders, and people with chronic health conditions such as heart, lung or kidney diseases, or weak immune systems – even fit and healthy people can get sick or die from the flu.

That's why it is really important this year to go and get your flu shot.

If you are over 6 months of age, you can get the flu vaccine. The vaccine is free and our best defence against the flu.

Even fit and healthy people should get the flu vaccine to protect themselves and help to stop the spread.

While the flu vaccine won't protect you from COVID-19, it can help to keep yourself, your family, friends, elders and community safe from the flu this winter.

Remember if you have any flu-like symptoms including a fever, cough, sore throat or shortness of breath, you should get tested for COVID-19.

Getting tested for COVID-19 is free, quick and easy and can help keep the community COVID-Safe.



Do what's best. Get a COVID-19 test.



To keep our community healthy and safe, anyone with flu-like symptoms should have a COVID-19 test. It's the easiest way to keep our community safe and stop the spread of the virus.

Have flu-like symptoms? Call your local doctor or Aboriginal Medical Service and ask where you can have a COVID-19 test.

A COVID-19 test is free, quick and simple. A healthcare professional will take a swab of your throat and nose.

You will be told your test results as soon as they are available, and will be given advice on what to do next.

Stay at home and avoid contact with others while you wait for your test result. This will prevent the possible spread of COVID-19.

It is normal to feel anxious or stressed while waiting for test results. If you need support have a yarn with a friend, call your local AMS or Beyond Blue Support Services: 1300 22 4636, beyondblue.org.au.

Over 55? It's your turn to get the COVID-19 vaccination

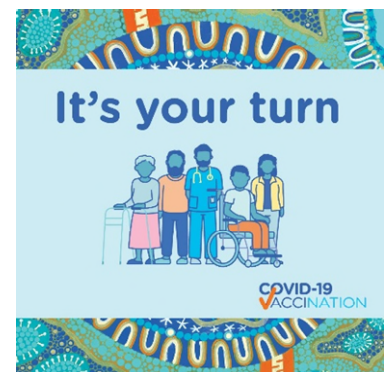
Aboriginal and Torres Strait Islander adults over 55 years old can now get the free COVID-19 vaccine.

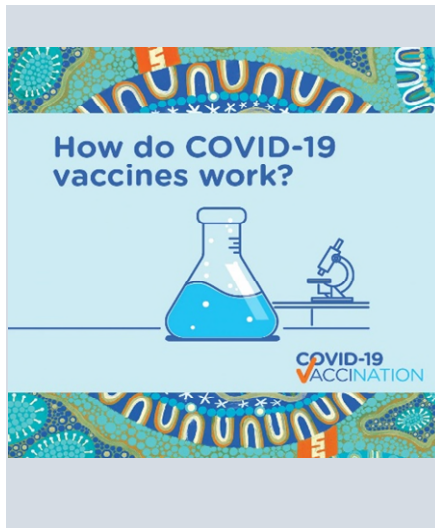
This is to protect our elders and those in our communities with underlying health conditions. Without the vaccine, our population will remain vulnerable to COVID-19.

When it's your turn to be vaccinated, you'll have access to whichever vaccine is safe, approved and available at that time. There'll be enough vaccine doses for everyone in Australia.

You can get the vaccine at your local clinic or Aboriginal Medical Service, or a specially set up vaccine hub. The vaccine is free and available to all adults. So when it's your turn, go and get the vaccine to protect yourself and encourage others to do the same.

Have a yarn with your local healthcare worker or call the COVID-19 vaccine helpline on 1800 020 080 to find out where you can get yours.





How do COVID-19 vaccines work?

In Australia we have very strict rules around the safety of our vaccines. Our regulator, the Therapeutic Goods Administration, only approves the vaccines that are safe and effective. And everyone giving the vaccine has been through a specialised training.

What you need to know first is that the vaccine is not a live virus. So having the vaccine won't cause you to get COVID-19. Vaccines can contain either killed or weakened versions of the virus. Some will contain a small part of the virus, such as a protein. The COVID-19 vaccine works like any other vaccine, for example the flu vaccine. It enters your body, your body recognises the virus, or parts of it, and starts an immune response to it. The body will then remember the virus so your body can react to it and you'll be less likely to get sick from COVID-19.

If you do see information on social media or anywhere else about the vaccine, check where that information is coming from. Can you trust that information? And is it coming from medically trained professionals or from the community health sector? Have a yarn to your local health service if you're worried.

Job news

Census

2,665 jobs available

2021 Census Field Manager

\$36.90 per hour (incl 25% loading) + super
 (Contract/Temporary)
 Roles start from May 2021

Earn extra income
 Apply now: censusjobs.adeco.com.au

Know the local rules and restrictions for JBT



To help protect and support the JBT community through the ongoing COVID-19 pandemic, the State of Emergency for the Territory has been extended for a 30-day period from 7 April 2021.

This State of Emergency only applies to the Jervis Bay Territory and not to the wider New South Wales region.

As restrictions continue to ease, it is vitally important that you continue following Public Health Directions for the JBT. Scan our QR code to stay up to date with all the latest Directions.

Protecting your baby from the flu starts when you're pregnant

Influenza is not just a cold – it's a serious disease for pregnant women and their developing babies.

If you have the flu during pregnancy, you are at much higher risk of complications and possible hospitalisation.

Getting vaccinated not only protects you, but also your baby. Babies under 6 months are too young to be vaccinated but are at high risk of serious complications if they catch the virus.

In worse cases, it can lead to death from serious lung problems and pneumonia.

Vaccination during pregnancy is the best way for pregnant women to protect themselves and their babies from the flu

Ask your doctor, specialist, nurse or midwife today, or visit or visit health.gov.au/immunisation



**LET'S KEEP OUR MOB
SAFE FROM FLU**

GET THE FLU VACCINE.

