



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 23 | 13 May 2021

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

Testing is a very important step in managing COVID-19.

As at 6 May 2021, more than 250,000 people have been tested for COVID-19 in the Illawarra region, and we need to keep those numbers up if we want to stop the spread of COVID-19 and keep our families, friends and communities safe.

- 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.
- Remember, 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.

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.



State of Emergency for JBT extended

To help keep the Jervis Bay Territory (JBT) community safe, the State of Emergency for JBT has been extended for a 30-day period from 5 May 2021, as part of the ongoing response to the COVID-19 pandemic.

By doing this, the JBT community will continue to be protected and supported during this time, with the health and wellbeing of the community the first priority.

As at 6 May 2021, there were no known cases of COVID-19 in the JBT.

JBT residents should continue to follow Australian Government and state and territory government advice, including on travel restrictions, health, hygiene, physical distancing and self-isolation.

For further information, please see www.health.gov.au or phone the Coronavirus Health Information Line on 1800 020 080.

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



**More than 28,000
already vaccinated!**

More than 2 million people around Australia have received their first COVID-19 vaccine dose, including more than 28,000 Aboriginal and Torres Strait Islander people!

From Monday 3 May, everyone aged 50 is eligible to receive their COVID-19 vaccine.

Getting the COVID-19 vaccine is one of the best ways to protect yourself and your community from getting really sick from COVID-19. While at the moment there are not many COVID-19 cases in Australia, things can change quickly. That's why it is important to get vaccinated.

Chat with your health care worker and make a booking today!



JBT Office news

Reminder

JBT Office Counter opening hours:

Tuesday 9am– 12pm
Thursday 1pm – 4pm

Community information session

Come along and talk about Wreck Bay Health clinic services at this community health session, where you can also ask local health professionals any health-related questions you may have.

TUESDAY 18TH MAY 2021
10AM - 12PM
WRECK BAY COMMUNITY CENTRE

PLEASE RSVP BY THE 12TH MAY IF YOU WILL BE ATTENDING TO GEORGIA VIA EMAIL:
GM271@UOWMAIL.EDU.AU OR
WBACC ON: (02)4442 1029



WRECK BAY COMMUNITY HEALTH SESSION

What are some of the side effects of your COVID-19 vaccination?

After you have your vaccination, you might feel some side effects.

They don't happen to everyone, and most are not serious and go away on their own in a couple of days.



Some common side effects include:

- **Pain or swelling in your arm where the needle went in**
- **a fever**
- **sore muscles or joints**
- **tiredness**
- **headaches.**

Other less common side effects include:

- **feeling like you might vomit**
- **feeling sick in your stomach**
- **lumps in your neck**
- **pain in your leg**
- **not sleeping well.**

Serious side effects

Someone should call Triple Zero (000) straight away if, after the needle, you:

- **have trouble breathing**
- **wheeze – this means you hear sounds you don't usually hear when you breathe**
- **feel a very fast heartbeat**



4 to 6 people in every million may get a very rare side effect called **thrombosis with thrombocytopenia (TTS)** involving blood clots.

A blood clot prevents blood from flowing normally through the body. This rare condition can cause serious long term disability or death.

The Pfizer vaccine is preferred for people under 50 years old who have not already had their first AstraZeneca dose.

If you have already had your first AstraZeneca vaccine dose with no serious side effects, you can get your second dose.



For more information about the vaccines or COVID-19 have a chat with your health professional or go to www.health.gov.au

