



# COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 35 | 10 February 2022

## COVID-19 in the JBT

There are high levels of local COVID transmission throughout the Jervis Bay region, as is happening across NSW and the rest of the country.

To help protect the community from getting seriously sick or needing to be hospitalised with COVID-19, the Royal Flying Doctors Service (RFDS) returned to the JBT from 7-9 February to deliver COVID-19 Pfizer vaccines to children aged between 5 to 11 years.

The RFDS also administered Pfizer booster shots for JBT residents who have received their first two COVID-19 vaccinations three or more months ago.

There was a good turnout from the community, as locals continue to work to protect themselves and each other.

Booster doses increase protection against becoming very sick or dying from COVID-19, and all eligible JBT residents are urged to make an appointment to get your booster shot now.

The RFDS will be returning to the JBT in early April to administer the second doses to 5-11 year old children, ensuring they will have the recommended two doses 8 weeks apart.

Getting vaccinated does not mean you cannot catch COVID-19.

JBT residents who have been exposed or are experiencing COVID-19 symptoms, should isolate and attend a local testing clinic as required, including Nowra, or the Respiratory Clinic at Sanctuary Point if you can't do a Rapid Antigen Test.

## State of Emergency extended for JBT

As part of the Australian Government's ongoing COVID-19 response in the Jervis Bay Territory (JBT), the State of Emergency (SoE) for the territory has been extended for a 30-day period from 19 January 2022.

The health and wellbeing of the community remains the first priority of the Australian Government, with the SoE, in conjunction with the JBT public health directions, helping protect and support JBT residents.

The SoE provides powers to key members of the JBT Emergency Management Committee, and emergency services supporting the JBT, to deal with public health risks associated with COVID-19.

All JBT residents are urged to follow government advice, including on travel restrictions, health, hygiene, physical distancing and self-isolation.

If you have even the mildest cold or flu symptoms, please get tested as soon as possible. Early diagnosis of COVID-19 means you can avoid spreading the virus to someone else, including the most vulnerable members of our community.

For further information, please see [www.health.gov.au](http://www.health.gov.au) or phone the Coronavirus Health Information Line on 1800 020 080.

For the latest Public Health Directions, scan the QR code:



## The COVID-19 vaccine is recommended for kids aged 5 to 11 years

Vaccinating your children helps protect them, other kids and their families.

We know the best protection from COVID-19 is getting vaccinated. It is one of the best ways to ensure you are protecting yourself and others in the community from getting really sick or dying from COVID-19.



Research shows the Pfizer vaccine is highly effective in protecting our children against COVID-19.

A child dose of the COVID-19 vaccine is one-third of the dose for people aged 12 years and over.

Contact WBACC today to make an appointment to get your child vaccinated, or contact your local government vaccination clinics, Aboriginal Community Controlled Health Service or participating pharmacies.



## National Park Update

Work commenced on 2 February 2022, on the replacement of the boardwalk at the Murrays Beach boat ramp.

The work is being undertaken by ALI Civil and is expected to take three months to complete.

Unfortunately, the boat ramp needs to be closed while the work occurs, given its proximity to the boardwalk.

Upgrades to the Murrays Beach carpark and other infrastructure is proposed in later stages.

The Murrays Beach precinct is one of the most popular locations in the park for recreational activities and contains sites of environmental, cultural and historical significance. The boardwalk is a key piece of infrastructure in the area.

Construction of the new boardwalk will be low impact, with environmental and cultural site assessments to be undertaken during and after construction.

Replacement of the boardwalk will utilise recycled products and include new fencing, ramps, steps and lighting. As much of the old timber from the existing boardwalk as possible will be salvaged for future use.

ALI Civil is working closely with Parks Australia to expedite the works and to reopen the new and improved boardwalk as soon as possible once completed.



## What to do if you get COVID-19

It is important you know what you should do if you test positive for COVID-19.

If you get a positive test result, you must isolate straight away. This means staying at home, and not having any family or friends come over to visit. If you live with other people, they will also need to isolate at home. Try to keep away from the people you live with as much as you can, to help avoid spreading the virus to them if they do not have it.

You can order your groceries or medicine online or ask family or friends who don't live with you to get them for you and leave them at your door.

Aboriginal and Torres Strait Islander community members can also contact the Connecting to Country (CTC) Team within the Illawarra Shoalhaven Local Health District for things such as access to food and medicine support, connecting you to mental health and other services as required during isolation. You can contact them on 1300 792 755.

If you tested positive using a rapid antigen test (RAT), you should register your positive result with Service NSW, so they can keep track of who has COVID-19, and who might need help. You can register online at: <https://www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result>

You must also call or text the people that you've seen in the couple of days before testing positive, so they can monitor for symptoms and get tested if they start feeling unwell.

Finally, make sure you look after yourself! Most people who are fully vaccinated experience mild symptoms and can look after themselves at home. Get plenty of rest, drink lots of water, and eat well. If you're worried about your symptoms, call the National Coronavirus helpline or visit your healthcare worker. Only call Triple Zero (000) for emergencies, like if you're having trouble breathing or have chest pain.

It might take you a little while before you feel 100% again. This is very common after any virus infection. Take your time to build up to your usual activities.

Remember: the best way to protect yourself and your family from getting really sick from COVID-19 is to get the COVID-19 vaccine and your booster when you are due. Don't wait – get your vaccine today.

## Need medical assistance or support?

Please **call 000** for urgent medical assistance (e.g. difficulty breathing).

**Telehealth appointments** are available in the Wreck Bay community health clinic. If you are interested in a Telehealth appointment, contact the clinic to see if Telehealth is right for your situation on **(02) 4448 0200** or **1800 215 099**.

### More information

For up-to-date information on COVID-19, visit [www.health.gov.au](http://www.health.gov.au) or call 1800 020 080 (operates 24 hours a day, seven days a week). If you require translating or interpreting services, please call 131 450.

Information is also available from **Health Direct 1800 022 222** or by visiting [healthdirect.gov.au/coronavirus](http://healthdirect.gov.au/coronavirus)

**KEEP OUR MOB SAFE, STOP THE SPREAD.**

Coronavirus  
(COVID-19)