



# COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 36 | 1 March 2022

## COVID-19 in the JBT

High levels of local COVID transmission throughout the Jervis Bay region continue so now is not the time for complacency.

The vaccine rollout is ongoing, and remains our best defence against getting seriously sick or being hospitalised due to COVID 19.

It's important to stay informed about who can get the vaccine right now:

- Everyone in Australia aged five years and over can get a COVID-19 vaccine.
- Everyone aged 16 years and over can get a booster three months after their last primary dose. This means you can get your booster now if you got your second dose in November 2021 or earlier.
- If you are aged 16 years or over (or have turned 16 since you had your primary dose of COVID-19 vaccine) you can have the Pfizer vaccine as a booster dose.
- If you are aged 18 years or over, you can have the Pfizer or Moderna vaccine as a booster dose, regardless of which vaccine you had for your first two doses.
- A booster dose will help increase protection against COVID-19 for a longer period of time. This is why it's important that you get a booster dose when you're due, particularly to protect against Omicron.

## 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 15 February 2022.

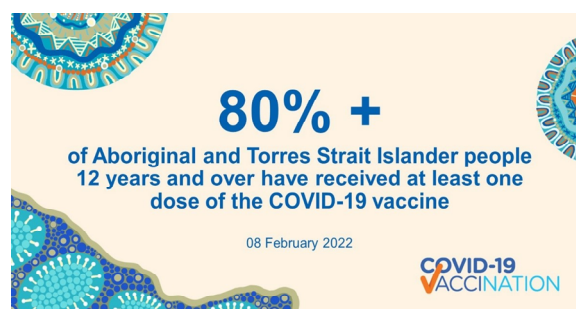
By doing this, the JBT community will continue to be protected and supported during this time, with the health and wellbeing of the community the first priority.

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

If you have even the mildest cold or flu symptoms, remember to 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 our QR code.



We've reached a significant milestone in the COVID-19 vaccine rollout. As at 8 February 2022, more than 80% of Aboriginal and Torres Strait Islander people aged 12 years and over from all across Australia have received at least one dose of the COVID-19 vaccine.

COVID-19 has been affecting our lives for two years now. We still have a long way to go, but we're taking time today to look at how far we've come.

Thank you again to everybody who has rolled their sleeve up to get vaccinated.



## National Park Update

A reminder that Murrays Boat Ramp in Booderee National Park will be closed from Wednesday 2 February for up to three months during the upgrade to Murrays Boardwalk to improve safety and access for visitors to Murrays Boat Ramp and jetty.

During this time, fishers and boaters can access boat ramps at Vincentia, Plantation Point and Woollamia.

All visitors to the park are reminded to be mindful of your safety when swimming at unpatrolled beaches, fishing or bushwalking. Please follow signage and stay on marked trails.

There are also specific fire guidelines, so please take note of the Fire Danger Rating signs at the park entrance for updates and ask any patrolling park ranger if you're not sure what the current rating is.

For any questions about personal safety while visiting the park, see a park officer.

For emergency assistance, please phone 000 (triple-zero).

The Booderee Visitor Centre is currently closed and enquiries must be sent via email to [booderee.mail@awe.gov.au](mailto:booderee.mail@awe.gov.au).



## Royal Flying Doctors Service arming JBT against COVID

On Sunday 7 February, the Royal Flying Doctor Service (RFDS) returned to the JBT to deliver vaccinations in Wreck Bay. The Clinic ran for three days from Monday to Wednesday, delivering COVID-19 Pfizer vaccines to children aged between 5 – 11 years, and booster shots to adults who had previously been vaccinated.

The Wreck Bay Aboriginal Community Council (WBACC) and WBACC's Caring for Country Team led the on-country delivery, working closely with health authorities, Canberra-based departmental staff and the JBT Office. Big thanks to all involved!



## It's okay to ask for help

It's been a long two years. Isolation, lockdowns, and social distancing can be a lonely and stressful time for all. Even just hearing about COVID every day can be exhausting. It's important we look after our physical and mental health, and support those who might need help.

Things like eating healthy, practising good hygiene, and doing exercise can help you stay physically healthy. Here are some simple tips to try to help keep yourself mentally healthy in 2022:

Stay connected with family and friends. If you're isolating, or if there's an outbreak in your area, try to stay in touch through messages or video or phone calls.

Check in with yourself. Notice if you are sad, angry, or worrying too much. Notice if you've changed the way you do things – think about whether these changes make you feel better, or not.

Try to get your body moving, or exercise where you can, and eat well. Being healthy and active is just as essential for good mental health as it is for physical health.

Get a good night's sleep. Try going to bed and getting up at the same times each day. It's a good way to start the day off right, ready to make healthy choices.

Reach out and have a yarn about how you're feeling:

**Yarn Safe – 1800 650 890**

**Lifeline – 13 11 14**

**Beyond Blue – 1300 22 4636**

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

Coronavirus  
(COVID-19)