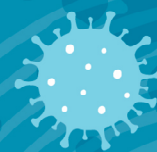




Australian Government

Department of Infrastructure, Transport,
Regional Development and Communications



COVID-19 Newsletter



Jervis Bay Territory Community | Issue no. 26 | 29 June 2021

New advice on COVID-19 vaccines

As numbers of vaccinations increase all around the world, medical and vaccine experts are continuing to watch how vaccines are working in the community. This is very important, to make sure that the vaccines are safe and effective.

The Australian Technical Advisory Group on Immunisation (ATAGI) have updated their advice on the vaccines available in Australia. The Pfizer vaccine is now preferred for adults aged 16 to 59 years.

It is important that as many people as possible get the COVID-19 vaccine in Australia.

For people aged 60 years and over, the AstraZeneca vaccine continues to be the preferred option to stop severe COVID-19 sickness. The risk of blood clots are very low, compared to the higher risk of getting very sick from COVID-19 as people get older.

People who have had their first dose of the AstraZeneca vaccine without any serious side effects can be given the second dose. This also includes adults under 60 years. It is recommended that second doses are given about 12 weeks after the first dose.

It is important you get the same type of COVID-19 vaccine for both doses. This is because the evidence shows this offers the best possible protection from getting seriously sick from COVID-19.

Keep JBT COVID-19 safe by following three simple steps

As demonstrated by the evolving greater Sydney outbreak right now, COVID-19 continues to pose a threat to our communities, especially for Elders or people who are already unwell.

As we see ongoing community transmission in NSW, it is very important that you continue to act responsibly to keep Jervis Bay Territory (JBT) free of COVID-19.

There are three simple things you can do to keep your family and community safe from coronavirus.

1: Wash your hands as often as possible.

2: Keep your distance where you can.

3: Follow local, state and Australian Government advice and keep up to date with the latest Public Health Directions for JBT including any current border restrictions, which are your responsibility to comply with.

And if you're feeling sick with cold or flu-like symptoms, stay at home, and speak to your doctor or Aboriginal Medical Service about getting tested.

Together, we can reduce the risk of coronavirus getting into our community.

If you are uncertain about whether you should get tested, or have any questions about COVID-19, you should contact your local health practitioner, visit the Department of Health website at: www.health.gov.au or contact your local Public Health Unit on **1300 066 055**

You can keep up to date with the latest Public Health Directions for JBT by scanning the QR code:



Uncle Dale and Dale-Andrew talk about saving history and traditions

Uncle Dale and his son Dale-Andrew talk about Uncle Dale's experience of getting

the COVID-19 vaccine. They chat about why it's important to get the vaccine to keep people safe from COVID and so that family history and traditions can be passed on to younger generations.

You can watch this video and download other communications materials



National NAIDOC week



**HEAL
COUNTRY!**
4-11 JULY 2021

NAIDOC Week 2021 will be held from Sunday 4 July to Sunday 11 July.

NAIDOC Week is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet.

This year's theme – Heal Country! – calls for stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

Events will be held around Australia during NAIDOC week to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

If you are planning on celebrating NAIDOC week by attending an in-person event, remember to do so in a COVID Safe way by staying two big steps away from other people, washing your hands thoroughly and often and watching out for any symptoms of COVID-19.

To learn more about the NAIDOC events happening in your area visit <https://www.naidoc.org.au/get-involved/naidoc-week-events>

GET READY!

Stay out of harm and be fire-ready this winter

Winter is an important time for fire prevention and education due to the spike in home fires, fire-related deaths and injuries.

During winter, Fire and Rescue NSW attends more than 1000 home fires – this is roughly one third of reported home fires annually.

Winter also makes up half of all reported fire-related injuries, with around 200 injuries.

Fire and Rescue NSW is dedicated to reducing these numbers to zero through their Safety Visits and educational programs. But what can you do to help stay out of harm?

Check you have a working smoke alarm. Use a broom to click the test button of your smoke alarm, if you do not hear an alarm sound, you will need to replace the battery or replace the alarm.

- Create a Home Fire Escape Plan and practise it with those in your home.
- Keep looking when cooking
- Don't overload power boards
- Keep everything a metre from the heater
- Never use wheat bags to warm your bed
- Check electric blankets for frayed cords and other damage
- Don't use outdoor heating and cooking equipment inside the home as it can be fatal.

Most importantly, if a fire does occur, get out, stay out and call Triple Zero (000).

For more tips on keeping fire safe this winter visit fire.nsw.gov.au/winter.

Is it true? Can the flu vaccine protect me from getting COVID-19?

COVID-19 and the flu both have similar symptoms, such as getting a fever, sore throat or feeling tired. However they are caused by different viruses.



This means that it's important to get vaccinated against **both** COVID-19 and the flu. The COVID-19 vaccine won't protect you from the flu, and the flu vaccine won't protect you from COVID-19.

You need to wait at least 7 days between getting your COVID-19 vaccine and your flu vaccine. It doesn't matter what order you have them in. Talk to your health care provider about what is best for you.

KEEP OUR MOB SAFE, STOP THE SPREAD.

Coronavirus
(COVID-19)