

JBCYC Health reporting guidelines & Mental Wellbeing.

National Coronavirus Helpline 1800 020 080

Guideline to be issued by JBCYC Covid-19 Safety Officer to affected members

If you present at a club race/function with flu like symptoms, you should isolate yourself, maintain social distancing, immediately go home and follow the instructions below.

If you have Covid-19 symptoms, get tested at a Covid-19 testing clinic, symptoms include cough, sore/scratchy throat, and shortness of breath or fever. If you are tested you must self-isolate at home until you receive the results.

Call ahead to book an appointment or book on-line. You will be asked to take precautions when you attend for treatment. If you have a mask, wear it and maintain social distancing.

You can self-refer to a test clinic, information is available at the following link, <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics#covid-19-clinics> or google COVID-19 test clinics NSW. If you are unsure about whether you should be tested then book a consultation with your GP who may refer you to test clinic.

Clinics and Medical Assistance

Sanctuary Point Respiratory Centre	195 Kerry St Sanctuary Point NSW	4443 0955
Callala Medical Centre	6 Chisholm St Callala Bay NSW	4446 5350
Shellharbour Hospital	15-17 Madigan Boulevard Mt Warrigal	4295 2500
Shoalhaven Hospital	Shoalhaven Street Nowra NSW 2541	4421 3111
Milton Ulladulla Hospital	Princes Hwy Milton NSW	4454 9100

Mental Health Support

Beyond Blue - Coronavirus Mental Wellbeing Support Services 1800 512 348

LifeLine 13 11 14

Health Direct: <https://www.healthdirect.gov.au/blog/how-to-get-help-for-mental-health-during-the-covid-19-pandemic>

Beyond Blue – Coronavirus Mental Health Self Care:

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/ways-to-look-after-your-mental-health.html>

Victorian COVID-19 Mental Health Resources: <https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19>

NSW Mental Health Commission – Mental Health and the coronavirus:

<https://nswmentalhealthcommission.com.au/mental-health-and-the-coronavirus>

For further information the JBCYC COVID-19 Safety Coordinators are:

Main contact:	Commodore	David Churchward	0408 314 319
Alternate contact:	Vice Commodore	Paul Gooley	0491 094 154