

COVIDsafe summer social media copy and tiles



Holidaying in the Illawarra or Shoalhaven this summer?

We want to keep all visitors and locals safe by keeping COVID away.

It's still super important to wash your hands with soap often. Wash for at least 20 seconds every time.

Not near a sink? Make sure you pack the hand sanitiser.

Find out more-

<https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources>



Don't ignore a sniffle or scratchy throat just because you are on holiday.

It's important you go get tested as soon as you develop symptoms and self-isolate until you get a negative result. Don't use being on holiday as an excuse to put off getting tested.

Remember the key ways to keep safe:

- keep 1.5m between you and other people
- avoid crowded places by moving on or spreading out
- wash or sanitise your hands often
- check in using a QR code at each venue you visit
- get tested, even if you only have the mildest symptom
- stay in if you're unwell or if you have been tested.

To find a local testing clinic visit

<https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources-4>



Lining up at hottest coffee spot or visiting some of our region's fabulous markets? Remember, COVID thrives in busy places where people can't keep their distance from each other.

Be safe by keeping your distance from others or moving to an area where there are less people.

Being COVIDsafe is simple if you:

- keep 1.5m between you and other people
- avoid crowded places by moving on or spreading out
- wear a mask where you can't physically distance from others
- wash or sanitise your hands often
- [check in using a QR code at each venue you visit](#)
- get tested, even if you only have the mildest symptom
- stay in if you're unwell or if you have been tested.

Find out more-

<https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources>






Planning a big night out to celebrate New Year's?




Here's our tips to kick COVID to the 2020 curb and make sure you're not bringing home any unwanted guests:




- [book ahead](#) if going out
- [find out](#) what the restrictions are at the venue where you will be celebrating
- stay and celebrate locally – don't travel if you don't need to
- don't skip getting tested, even if you're away from home.



Most [COVID testing](#) clinics will be open during the festive season, so if you feel unwell, don't delay a COVID-19 test. Get tested immediately and stay home until you get a negative test result. If there is no clinic open near you, attend your nearest public hospital.




For more information visit www.nsw.gov.au/NYE




 <p>Bag a bargain not COVID</p> <p>Keep 1.5m from other shoppers.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>These boxing day sales, bag a bargain, not COVID.</p> <p>The shops and supermarkets are super busy during the holidays, make sure you're keeping 1.5m away from other shoppers. 🧐</p> <p>Learn it by heart, stay one trolley apart 🛒</p> <p>Find out more- https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>
 <p>Don't take COVID along to the beach</p> <p>Sick? Get tested. Stay in.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>Grab a towel and slap on some sunscreen, it's beach time! 🏖️</p> <p>Remember to keep a 1.5m between you and other beachgoers, and practise good hygiene before, during and after your visit.</p> <p>Find out more- https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>
 <p>Don't Let COVID gatecrash your summer</p> <p>Keep a towel length between you and others at the beach.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>The Illawarra and Shoalhaven have some of the most beautiful places. We love our beaches but it's going to be a different kind of summer. We need to work hard to keep these spaces open and safe for the community. This includes:</p> <ul style="list-style-type: none"> • keeping a towel length (1.5m) between you and others at the beach • avoiding crowded places by moving on or spreading out <p>Find out more: https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>


 <p>Be a fan of the scan</p> <p>Sign in when at restaurants and venues.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>Do the right thing and always sign in.</p> <p>Electronic sign-in helps us quickly let people know if they have been in contact with someone who has COVID-19 while at a shop, restaurant or other venue. This helps slow or stop the spread of COVID-19 in the community.</p> <p>Find out more- https://www.nsw.gov.au/covid-19/covid-safe/customer-record-keeping/qr-codes</p>
 <p>This NYE, Let's not party like it's 1999</p> <p>Keep 1.5m between you and others.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>New Year's Eve celebrations will be different this year to keep everyone in the Illawarra and Shoalhaven safe.</p> <p>Whether you are planning a celebration at home or in your local community, remember to ensure the safety of your family and friends.</p> <p>Here's what you need to know:</p> <ul style="list-style-type: none"> • be aware of the number of people <u>allowed in your home</u> • maintain <u>safe hygiene practices</u> • keep 1.5m between you and others • use <u>QR codes</u> to check-in if you are going out to a restaurant, pub or bar. <p>Find out more: https://www.nsw.gov.au/covid-19/covid-safe/major-events/new-years-eve</p>
 <p>Roast COVID on the BBQ this Aus Day</p> <p>Keep gatherings outside.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>To keep everyone in the Illawarra and Shoalhaven safe, Australia Day will be a little different this year.</p> <p>Whether you are meeting friends at home or in your local community, remember to ensure the safety of you and others.</p> <p>Here's what you need to know:</p> <ul style="list-style-type: none"> • be aware of the number of people <u>allowed in your home</u> • maintain <u>safe hygiene practices</u> • keep 1.5m between you and others • use <u>QR codes</u> to check in if you are going out to a restaurant, pub or bar. <p>Find out more:</p>

	https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules
	<p>He sees you when you're sleeping; he knows when you're COVIDsafe. Get on Santa's nice list this year by whipping out these moves:</p> <ul style="list-style-type: none"> • keep your distance from other shoppers • wash your hands or sanitise regularly • get tested and stay in if unwell • wear a mask when travelling on public transport. <p>For more information: https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources </p>
	<p>Ahh time to relax! Are you heading down the coast to that holiday house you snapped up on Airbnb?</p> <p>Don't forget the same restrictions apply to holiday houses as your place at home. Here's what you need to know:</p> <ul style="list-style-type: none"> • be aware of the number of people <u>allowed in the home</u> • maintain <u>safe hygiene practices</u> • keep 1.5m between you and others • use <u>QR codes</u> to check in if you are going out to a restaurant, pub or bar. <p>Find out more - https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules</p>
	<p>The Illawarra and Shoalhaven have some of the most beautiful places! Why travel when there's no better place to holiday then here on your doorstep.</p> <p>Holiday at home safely by:</p> <ul style="list-style-type: none"> • keeping a towel length (1.5m) between you and others at the beach • avoiding crowded places by moving on or spreading out

	<ul style="list-style-type: none"> being aware of the number of people <u>allowed in your home</u> <p>Find out more: https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>
 <p>Don't catch COVID this summer holiday</p> <p>Wash or sanitise your hands.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>Be careful what you catch this summer while down at the lake. Enjoy your summer break safely by:</p> <ul style="list-style-type: none"> keeping 1.5m between you and others avoiding crowded places by moving on or spreading out maintaining <u>safe hygiene practices</u>. <p>Find out more: https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>
 <p>Hit COVID for six this summer</p> <p>Sporting clubs must have an up-to-date COVID safety plan.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>Let's run COVID out this summer.</p> <p>Here's some tips to keep you and your cricketer friends safe this summer:</p> <ul style="list-style-type: none"> don't go if you're unwell, and instead <u>get tested</u> <u>wash your hands</u> regularly. if you're a spectator, <u>stay 1.5 metres apart</u> or <u>wear a mask</u> if you can't. This includes before, during and after sport. avoid carpools with people from different households where possible. competitions should be run within your local district, zone or association boundaries, and inter-regional and state activities postponed. <p>Find out more - https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/changes#community-and-school-sports</p>

	<p>Here's our best tips to smash COVID this summer.</p> <ul style="list-style-type: none"> • Keep 1.5m between you and other people. • Avoid crowded places by moving on or spreading out. • Wash or sanitise your hands often. • Get tested, even if you only have the mildest symptom. • Stay in if you're unwell or if you have been tested. <p>Find out more- https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources </p>
	<p>There's nothing more fun than hitting the sand each Sunday with your local surf club.</p> <p>Here's some tips to keep you and other nippers safe this summer:</p> <ul style="list-style-type: none"> • don't go if you're unwell, and instead <u>get tested</u>. • <u>wash your hands</u> regularly. • if you're a spectator, <u>stay 1.5 metres apart</u> or <u>wear a mask</u> if you can't. This includes before, during and after sport. • Avoid carpools with people from different households where possible. • Competitions should be run within your local district, zone or association boundaries, and inter-regional and state activities postponed. <p>Find out more - https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/changes#community-and-school-sports</p>
	<p>Restrictions may have eased, but the need to wash your hands is still super important. Be a hygiene hero and wash your hands often with soap. Wash for at least 20 seconds every time.</p> <p>Not near a sink? Make sure you pack the hand sanitiser.</p> <p>Find out more- https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources </p>
	<p>We need to work hard to make sure Santa stays safe and well this Christmas. Don't forget to:</p>

	<ul style="list-style-type: none"> • keep 1.5m between you and other people • avoid crowded places by moving on or spreading out • wash or sanitise your hands often • get tested, even if you only have the mildest symptoms • stay in if you're unwell or if you have been tested. <p>Find out more- https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>
	<p>Feeling hot and feverish? It might not just be Christmas spirit giving you that warm, fuzzy feeling. If you have any symptoms get tested for COVID-19.</p> <p>Don't forget there's more symptoms than just a fever. Cough, sore/scratchy throat, shortness of breath, runny nose, loss of taste and loss of smell, fatigue, muscle pain, joint pain, headache, diarrhoea, nausea/vomiting, loss of appetite, unexplained chest pain and conjunctivitis are all symptoms that you need to get tested for.</p> <p>To find your nearest clinic visit https://www.nsw.gov.au/.../how-to-protect.../clinics</p>
	<p>Ahh the countdown is over and it's time to kick back and have a break. Don't forget COVID doesn't relax and take holidays.</p> <p>Keep COVID safe, even while on holidays by:</p> <ul style="list-style-type: none"> • wearing a mask when travelling on public transport • keeping your distance from close shoppers • washing your hands or sanitise regularly • getting tested and stay in if unwell.
	<p>We are grateful to the people in the Illawarra and Shoalhaven for their patience and understanding over what has been an incredibly difficult year.</p> <p>The rolling back of restrictions is only possible because of the excellent work of the community who have followed the rules and continued to come forward for testing.</p>

 <p>Don't Let COVID steal Christmas</p> <p>Follow the rules when hanging out with friends.</p> <p>NSW Health Illawarra Shoalhaven Local Health District</p>	<p>But don't let COVID steal Christmas this year. Keep getting tested with even the slightest symptoms, maintain your distance from others, don't go to work if you are unwell and wear a mask where you cannot keep 1.5m away from others.</p> <p>Find out more- https://www.islhd.health.nsw.gov.au/services-clinics/public-health-unit/infectious-diseases/covid-19-latest-advice-and-resources</p>
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