

29 July 2020

Novel Coronavirus (COVID-19) Update

Please attribute to a Southern NSW Local Health District spokesperson:

Southern NSW Local Health District (SNSWLHD) has confirmed **NIL new** reported cases of COVID-19 attributed to the District in the last 24 hours @ 2300, Tuesday 28 July, 2020.

NSW Health's daily COVID 19 update is released [here](#).

The District further praises the local communities across the local health district which have turned out for COVID-19 testing, with strong testing numbers being recorded across the Local Health District.

SNSWLHD COVID-19 cases as at 28 July 2020, 23:00 (to date)

LGA	Number of Tests	Confirmed Cases	Active Cases
Bega Valley	4453	9	-
Eurobodalla	7460	13	3
Goulburn Mulwaree	4485	10	-
QBN-Palerang	6344	11	1
Snowy Monaro	2508	6	-
Unknown	183	-	-
Upper Lachlan Shire	903	2	-
Yass Valley	1528	6	1
Total	27897	57	5

NSW Health has recently started a research program to test sewage for traces of COVID-19 across the state. This research supports the public health response to the pandemic. Sampling has commenced at a number of metropolitan and regional locations across NSW. Initial samples collected at the Perisher sewage treatment plant on Wednesday 22 July 2020 returned a positive result for the presence of COVID-19. It is important to note that no cases of COVID-19 have been identified in Perisher or Thredbo to date.

Further sampling and analysis is required to assess the significance of this initial positive result.

The positive sewage result can be due to shedding of the virus by someone who may have previously had the illness, with the virus 'shedding' through their system for up to four weeks later.

The positive result does serve as a timely reminder that locals and visitors to the region need to remain vigilant regarding social distancing, hygiene and the need to isolate and get tested if the need arises.

Southern NSW Local Health District has stepped up testing throughout Monaro and Alpine region in close consultation with local GPs, ski field operators and the local National Parks staff.

The District has testing facilities at the following locations:

- Perisher Clinic, NSW National Parks Building Perisher Valley, will operate extended hours from 9:30am – 2pm daily until further notice.
- Jindabyne Clinic will operate with double capacity at the new, larger location at HealthOne Car park, 5 Thredbo Terrace, Jindabyne from 9am – 4pm daily until further notice.
- Cooma Clinic at the Cooma Hospital & Health Service, will have extra swabbing capacity during normal hours of 9am – 5pm daily until further notice.

Meanwhile, the Thredbo Clinic, Friday Drive behind the Information Centre, also remains open 9:30am – 2pm daily until further notice.

SNSWLHD is urging anyone feeling unwell – even with the mildest of symptoms such as a runny nose, scratchy or sore throat, cough, fever, shortness of breath, headache, tiredness, loss of taste or smell, nausea, diarrhoea or muscle aches – to **self-isolate and seek COVID-19 testing**, so cases in the community are identified as quickly as possible.

There is no longer a requirement to schedule appointments at most of the District's COVID-19 testing sites. Callers to the SNSWLHD **1800 999 880 COVID line** will be provided with information on testing eligibility and clinic times and locations.

These testing sites include Goulburn Base Hospital, Queanbeyan District Hospital, Eurobodalla Health Service (Moruya), South East Regional Hospital (SERH), Cooma District Hospital, Jindabyne Clinic and Yass District Hospital as well as the 'pop-up' clinics at Hanging Rock and Crookwell. See our website at: www.snswlhd.health.nsw.gov.au.

A number of our smaller COVID testing sites will still be by appointment only (Pambula Hospital, Bombala MPS and Eden) – call **1800 999 880 (option 2)**.

It remains essential that everyone maintains social distancing and good hygiene to minimise the risk of spread between people. People can unwittingly pass COVID-19 to others if they are incubating the virus or have very mild symptoms.

There are steps we can take to protect ourselves and loved ones:

- If you have even mild symptoms, a cold or cough, get tested and stay home until you're cleared
- Keep your 1.5m distance from others at all times even if you are well
- If you have been in Victoria, don't mix with other people until two weeks has passed
- Practise good hand hygiene at all times

- Consider wearing a mask if you are in a situation where you cannot socially distance.

For the latest, up to date information head

to: <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>