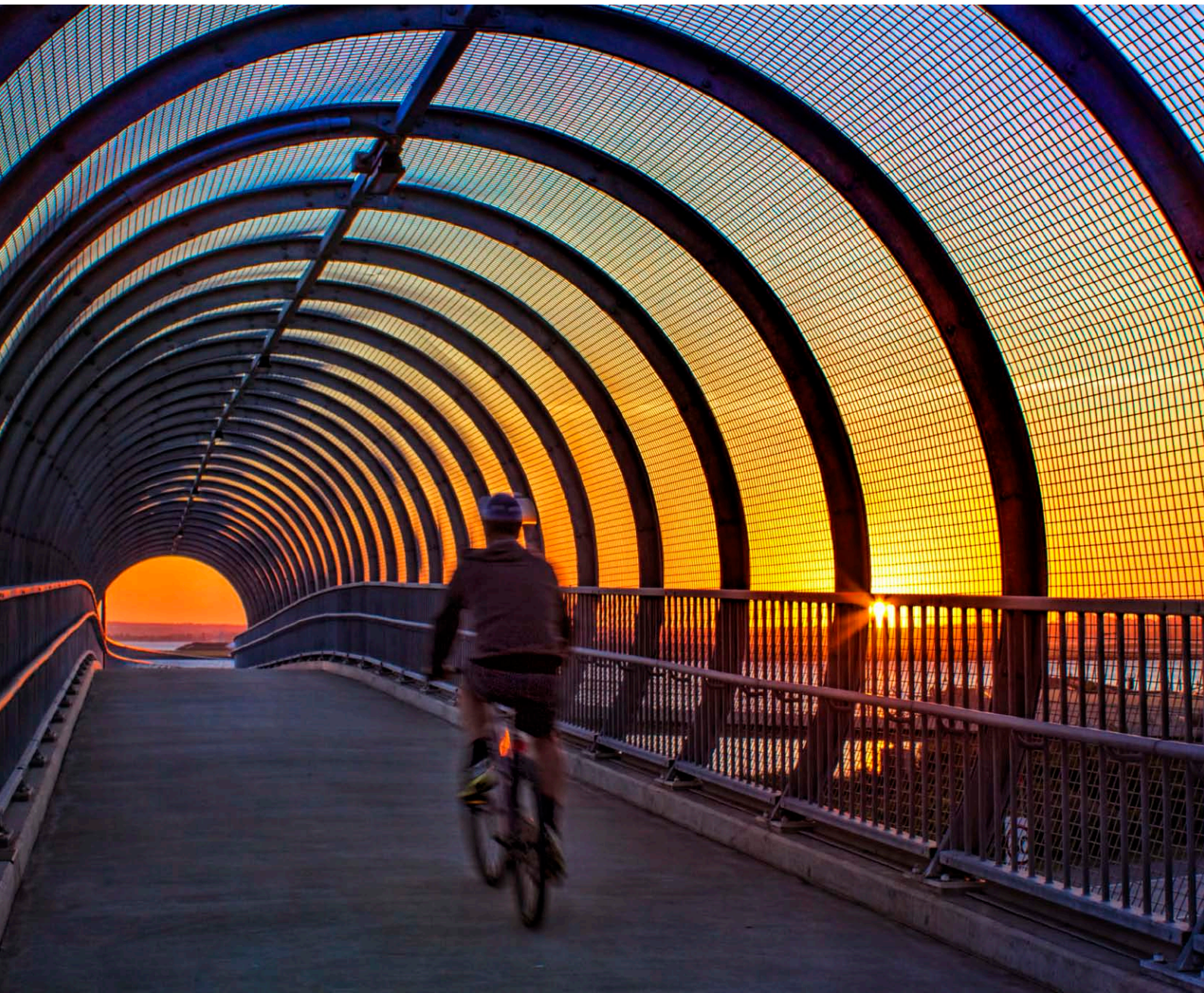


Bayside Community News

JULY 2021

LOCKDOWN EDITION



MAYOR'S MESSAGE



The past few weeks have been challenging for us all, and the next four weeks will be even more so, as our leaders and health experts battle to keep us safe and bring the latest COVID-19 outbreak under control.

We are all adapting and adjusting. Change is hard and some of us cope better than others.

Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling.

You're not being a burden. If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line on 1800 512 348.

For a free telephone interpreter please call 131 450 and say the language you need.

You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

For me personally, I find trying to keep my routine as normal as possible helps.

I still get up at the same time each day and go for my walk around the neighbourhood.

I get ready for work as I would any other day, even though my new office is in the spare room.

It helps.

Council staff have put together some useful tips and information which might assist you to survive the coming weeks.

This newsletter contains lots of information about COVID-19 contacts and resources.

During these unprecedented times please stay safe and follow the Public Health Orders.

And remember, stay home where possible to protect yourself and your loved ones.

My message to you is, you are not alone. Council is still operating and our staff are still ready to serve and assist.

It is business as usual, just in an unusual way.

Our weekly waste and recycling collections are still occurring, as well as our regular kerbside clean-ups.

Work is still being done on maintaining our parks and sports fields as well as on our roads and footpaths.

Our childcare services remain open.

Development Applications are still being assessed and our customer service staff are ready to take your call, just from a different location.

Cr Joe Awada
Mayor

TO OUR MULTICULTURAL COMMUNITY

ARABIC



Peace be upon you,
My name is Ibtisam Hammoud, and for nearly 30 years I have been serving the Bayside community as a community worker.

لا تخشَ التحدث إلى شخص ما إذا كنت تشعر بإجهاد نفسي أو قلق. تحدث إلى أصدقائك وأفراد عائلتك بشأن مشاعرك، ولا تفكر أنك تشكّل عبئاً لهم.

وإذا شعرت بضغوطات نفسية، يمكنك التحدث إلى مرشد مدرّب في أي وقت وأي يوم كان بالاتصال بخط الصحة العقلية لشؤون فيروس كورونا على الرقم **1800 512 348**. وللحصول على مساعدة مترجم مجاني على الهاتف، اتصل على الرقم **131 450** واذكر اللغة التي تحتاجها. ثم اطلب من المترجم أن يضعك على اتصال بخدمة دعم الصحة العقلية لشؤون فيروس كورونا.(Coronavirus Mental Wellbeing Support Service)

وإذا كانت الحالة التي تمر بها تجعل من العسير عليك الاستمرار بحياتك اليومية المعتادة، فاتصل بطبيبك العام.

BENGALI



Greetings,
My name is Paul Modhu and I am one of the Bangladeshi community members who lives in Bayside Council.

আপনি যদি অস্থিরতা বা উদ্ভিগ্নতা অনুভব করেন তবে কারও সাথে পরামর্শ করতে দ্বিধা করবেন না। আপনার অনুভূতি নিয়ে বন্ধুদের এবং পরিবারের সদস্যদের সাথে কথা বলুন। আপনি কাউকে বিরক্ত করছেন না।

আপনি যদি বিহ্বলতা অনুভব করেন, তাহলে যে কোন সময়, যে কোন দিন করোনা ভাইরাস মেন্টাল ওয়েলবিং লাইন: **১৮০০ ৫১২ ৩৪৮** এ ফোন দিয়ে প্রশিক্ষনপ্রাপ্ত কাউন্সিলারের সাথে কথা বলতে পারেন। বিনামূল্যে দোভাষী সহায়তা পেতে চাইলে **১৩১ ৪৫০** নাম্বারে ফোন করে আপনার ভাষার নাম বলুন। তারপর আপনি দোভাষীকে করোনা ভাইরাস মেন্টাল ওয়েলবিং সাপোর্ট সার্ভিসে যোগাযোগ করিয়ে দিতে বলুন।

আপনার মানসিক সমস্যাটি যদি প্রত্যহ জীবনযাত্রায় ব্যাঘাত করছে বলে মনে হয় তাহলে আপনি আপনার স্থানীয় জেনারেল প্র্যাকটিশনর (GP) এর সাথে যোগাযোগ করুন।

CHINESE



Hello, my name is Xiulan Zou,
I'm living in Rockdale and I'm a member of the local Chinese community.

面对焦虑和紧张，不妨与朋友和家人聊一聊，不必一味独自承受。不要担心自己会给别人增添负担。

如果您感到难以应对，可随时致电 **1800 512 348**，联络冠状病毒心理健康专线 (Coronavirus Mental Wellbeing Line)，与训练有素的辅导员交谈。需要免费口译员协助可首先拨打电话 **131 450**，说出您所讲的语言名称，然后要求口译员为您转接冠状病毒心理健康支持服务。

如果目前的精神状态让您无法继续通常的生活，请与本地的全科医生 (GP) 联络，获取帮助。

TO OUR MULTICULTURAL COMMUNITY

GREEK



Hello, my name is Andrew Koulizakis,

I live in Bayside and I am a member of the Greek community.

Μην φοβάστε να μιλήσετε με κάποιον εάν αισθάνεστε καταπίεση ή άγχος. Μιλήστε με φίλους και συγγενείς για το πώς νιώθετε. Δεν τους επιβαρύνετε.

Εάν αισθάνεστε συγκλονισμένοι, μπορείτε να μιλήσετε με έναν εκπαιδευμένο σύμβουλο οποιαδήποτε στιγμή, οποιαδήποτε μέρα, καλώντας τη Γραμμή Ψυχικής Ευεξίας από Κορωνοϊό: **1800 512 348**. Για δωρεάν τηλεφωνικό διερμηνέα καλέστε το **131 450** και πείτε τη γλώσσα που χρειάζεστε. Στη συνέχεια, μπορείτε να ζητήσετε από τον διερμηνέα να σας συνδέσει με την Υπηρεσία Υποστήριξης Ψυχικής Ευεξίας από Κορωνοϊό.

Εάν αυτό που περνάτε σας δυσκολεύει να συνεχίσετε την καθημερινή σας ζωή, επικοινωνήστε με τον τοπικό ιατρό σας (GP).

MACEDONIAN



Hello my name is Roza Georgieva,

I am the manager of the Australian Macedonian Welfare and Wellbeing NSW Inc. formerly known as Macedonia Australian Welfare Association (MAWA).

Не се плашете да разговарате со некого ако се чувствувате под стрес или сте вознемирени. Разговарајте со пријателите и семејството за тоа како се чувствувате. Вие не претставувате товар за нив.

Ако се чувствувате преоптоварени, можете да разговарате со обучен советник во кое било време или ден ако се јавите на Coronavirus Mental Wellbeing Line (Телефонска линија за помош околу менталната благосостојба во време на корона вирусот): **1800 512 348**. За бесплатни услуги од преведувач преку телефон, јавете се на **131 450** и кажете им кој јазик ви е потребен. Потоа, можете да го замолисте преведувачот да ве поврзи со Coronavirus Mental Wellbeing Support Service (Служба за поддршка околу менталната благосостојба во време на корона вирусот).

Ако тоа низ што поминувате ви отежнува да продолжете со вашиот секојдневен живот, контактирајте го вашиот локален доктор од општа пракса (GP).

NEPALI



Hello my name is Rishi Acharya,

I am a member of the local Nepalese community.

यदि तपाईं तनाव वा चिन्तित महसुस गर्दै हुनुहुन्छ कसैसँग कुरा गर्न नडराउनुहोस्। तपाईंले कस्तो महसुस गर्दै हुनुहुन्छ मित्रहरू र परिवार संग कुरा गर्नुहोस्। तपाईं बोझ बन्दै हुनुहुन्छ।

यदि तपाईं अत्यन्त विचलित हुनुभएको छ भने, तपाईं कुनै पनि समय प्रशिक्षित सल्लाहकार संग कुरा गर्न सक्नुहुन्छ, कुनै दिन कुनै पनि समयमा कोरोनाभाइरस मानसिक कल्याण लाइन लाई **१८०० ५२९ ३४८** मा फोन गर्न सक्नुहुनेछ। नि: शुल्क टेलिफोन दोभाषका लागि **१३१ ४५०** मा फोन गर्नुहोस् र तपाईंलाई चाहिने भाषा भन्नुहोस्। त्यसपश्चात तपाईं दोभाषेलाई कोरोनाभाइरस मानसिक कल्याणकारी समर्थन सेवामा सम्पर्क गराईदिन अनुरोध गर्न सक्नुहुन्छ।

यदि तपाईं जुन बाटो जाँदै हुनुहुन्छ यसले तपाईंको दैनिक जीवनको लागि गाह्रो बनाइरहेको छ भने, तपाईंको स्थानीय जनरल प्राक्सटिसनर (जीपी) लाई सम्पर्क गर्नुहोस्।

CONNECTING COMMUNITIES

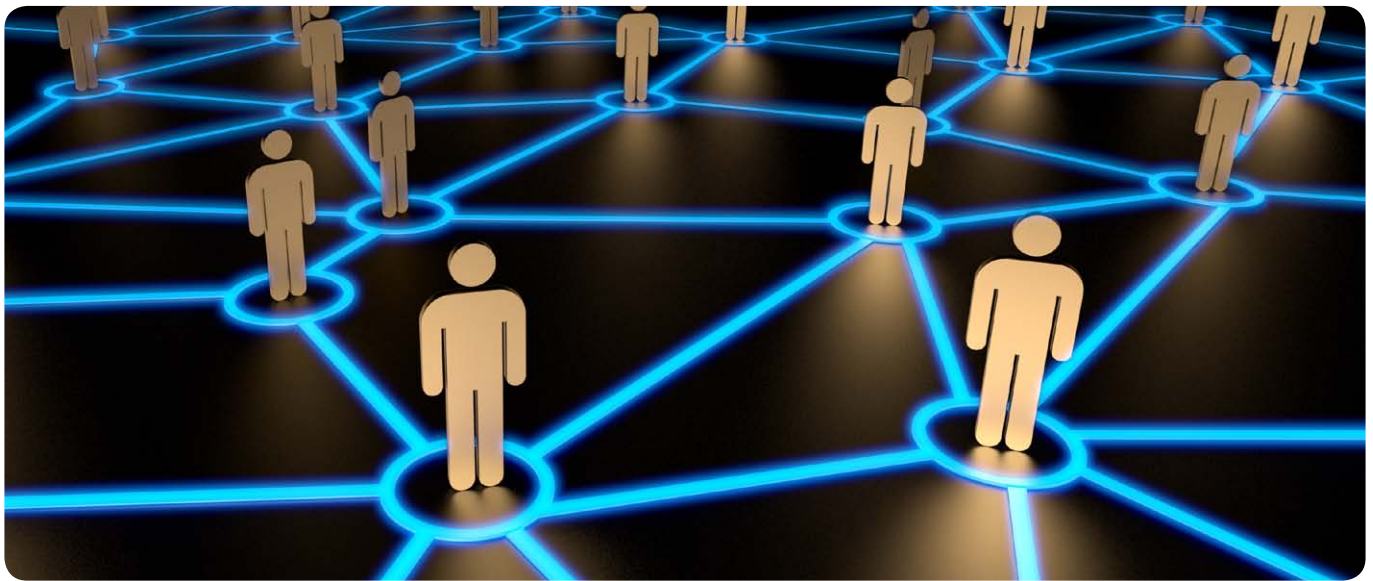
We have developed a COVID-19 community directory to provide links to important information and services, from reliable, trusted sources. A connected community is a resilient community.

We are committed to supporting our residents, businesses and organisations through these unprecedented and challenging times.

The following pages contain links to useful information and resources.

These pages are updated regularly, so please check Council's website at:

www.bayside.nsw.gov.au/guides/news/connecting-communities-during-covid-19



SUPPORT FOR PARENTS AND FAMILIES

During these difficult times, we understand it can get frustrating, especially with loss of work hours and children studying from home.

If you find yourself struggling and in need of support, please contact Riham, your local Family Support Officer and Community Navigator from Better Connected, to help connect you with the appropriate support services to meet your needs.

Call 0406 448 459 or email: rzeini@betterconnected.org.au

English: Linking families with children to social, wellbeing and health support services.

Arabic: ربط العائلات التي لديها أطفال بخدمات الدعم الاجتماعي ودعم الرفاه والصحة.

Bengali: শিশুদের পরিবারদেরকে সামাজিক, কল্যাণমূলক এবং স্বাস্থ্য সহায়তা প্রদানকারী প্রতিষ্ঠানগুলোর সাথে সংযুক্ত করা।

Chinese: 帮助有孩子的家庭与社会福利和健康支持服务机构建立联系。

Mongolian: хүүхэдтэй гэр бүлүүдийг олон нийтийн болон эрүүл мэндийн үйлчилгээнүүдтэй холбох үйлчилгээ үзүүлдэг.

Nepali: बालबालिका भएका परिवारहरुलाई सामाजिक, आरोग्य तथा स्वास्थ्य सहायता सेवाहरुसंग जोड्ने (लिन्क) काम गर्दछ।

BUY IN BAYSIDE AND SUPPORT LOCAL

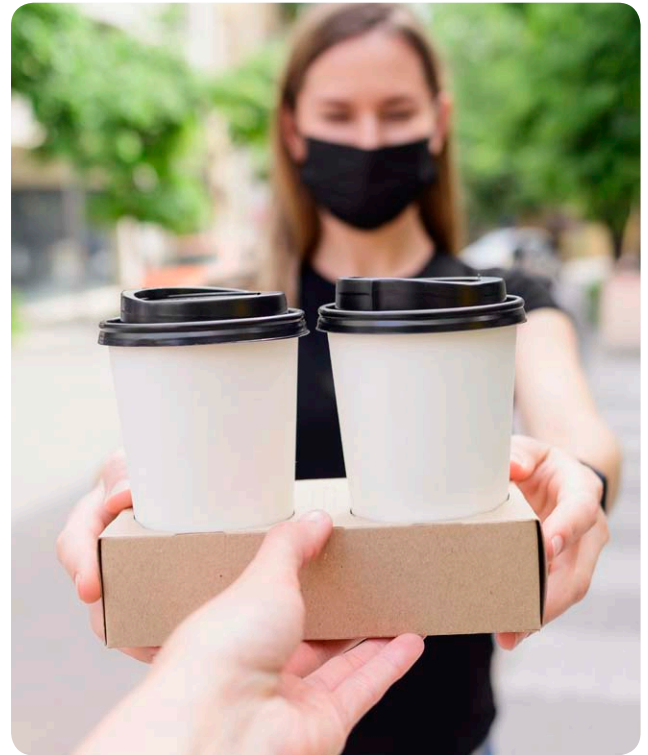
We can still support our favourite local cafes and business that make our community such a wonderful, inclusive place. Businesses have adjusted and are offering great take-away and delivery options.

You can stay safe and still put money into your local community. Grab that take-away coffee from the local café, deliver a pizza for the kids on a Friday night and buy those flowers online for someone special.

Don't forget you can use your Dine & Discover NSW vouchers for take away. Vouchers must be used by 31 August 2021.

If you own a local business, we have a great social media campaign to help share your business and what you have on offer during lockdown!

To find out more please check out our Instagram page at: www.instagram.com/BaysideNSW



SUPPORT FOR BUSINESS IN LOCKDOWN

The NSW Government has announced a range of economic support packages aimed at helping businesses affected by the current COVID-19 lockdown. For further information please see the Service NSW website at: www.service.nsw.gov.au/campaign/covid-19-help-businesses

Small Business

If you are a sole trader, the owner of a small business or a not-for-profit organisation you may be eligible for a rebate of \$1500.

If you are a sole trader, the owner of a small business or a not-for-profit organisation in NSW, you may be eligible for a small business fees and charges rebate of \$1500.

This rebate helps businesses recover from the impacts of COVID-19 and encourages growth by reducing the cost of running a business. Eligible businesses or not-for-profits only need to apply for the rebate once, but can submit multiple claims until the full value of \$1500 is reached.

Funds can be used to offset the costs of eligible NSW and local government fees and charges. These include, but are not limited to:

- ▶ Food authority licences
- ▶ Liquor licences
- ▶ Tradesperson licences
- ▶ Event fees
- ▶ Outdoor seating fees
- ▶ Council rates

The rebate will be available until 30 June 2022.

More information at www.service.nsw.gov.au

KEEP WELL THIS LOCKDOWN

Prioritise your wellbeing, during winter, lockdown and beyond by following these simple tips.

Skip the snack aisle and head straight to healthy foods like fresh fruit and vegetables. Try and eat a 'rainbow' of seasonal produce! Winter favourites include cauliflower, kale, sweet potato and citrus fruits. When spring arrives, get your hands on some avocados, eggplant, artichoke, pineapple, and watermelon.

Stay hydrated Drink plenty of water to boost your immune system and brain function. This can help you think more clearly and reduce feelings of depression and moodiness.

Get your body moving Its time to get moving and creative with exercise, check out our tips to keep active at home on page 8.

Stay connected Be sure to check in with family and friends regularly by phone or online. Now is the time for us to spread kindness. If you know of isolated or vulnerable neighbours, be sure to check on them too. A friendly note or an offer of assistance can work wonders. Check out our Neighbourhood Connect Card on page 10.

Care for your mental health While it is important to be well-informed about what's going on in the world and follow current government guidelines, it's easy to feel overwhelmed by news about COVID-19. Make sure you are only getting information from trusted sources and switch off to give yourself time to relax and recharge.

If you need support contact Beyond Blue on 1300 22 4636 for short-term counselling and referrals, or Lifeline on 13 11 14 for 24-hour crisis support and suicide prevention services.



The NSW Government has tightened COVID-19 restrictions. In response, Council's facilities and programs are temporarily closed. You can still access our services online or over the phone and essential services will continue to operate as normal.

For more information or to get in touch call 1300 581 299 or visit www.bayside.nsw.gov.au

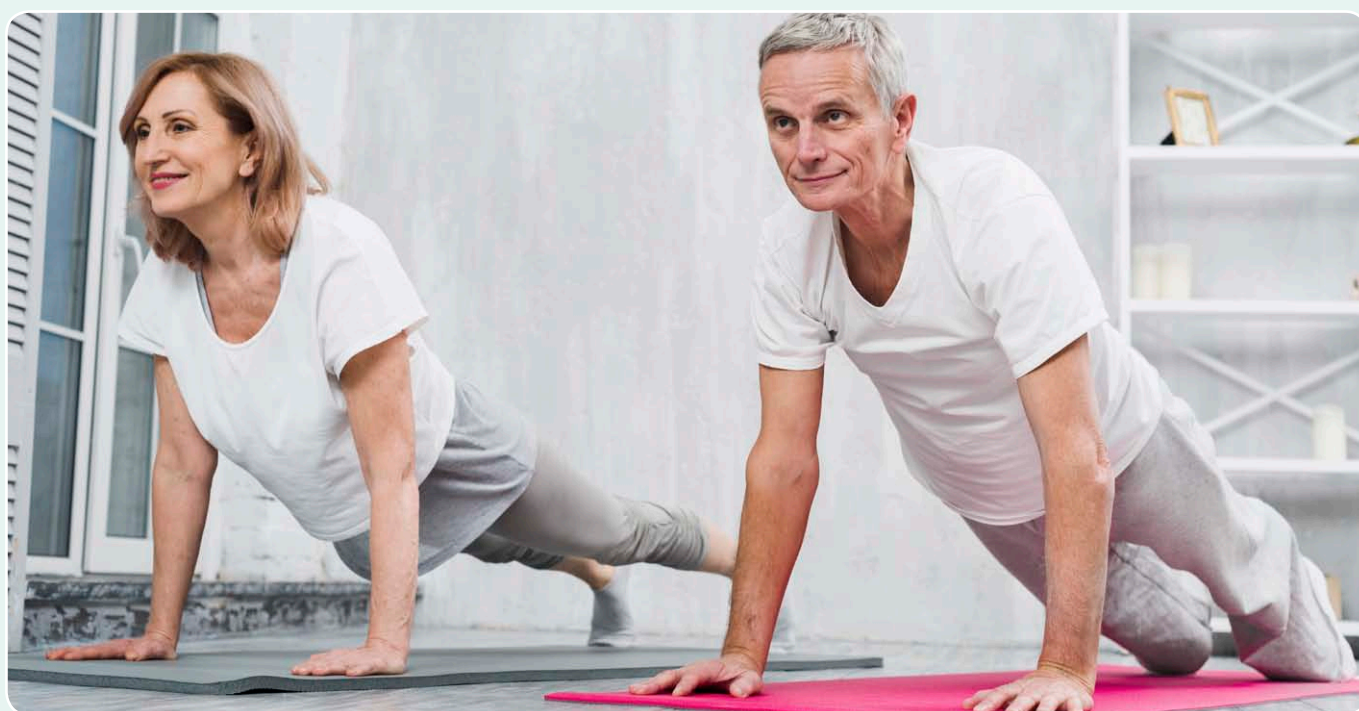
KEEP ACTIVE AT HOME

While we're all doing our bit to help stop the spread of COVID-19, here are some quick tips to help you stay well and keep active at home.

Physical activity is proven to help with mobility, flexibility, immunity and maintaining a healthy lifestyle, it can also boost your mental health and keep you socially connected.

Strength, mobility and stretching Activities like Yoga, Pilates, Tai Chi and stretching can help improve balance, flexibility, core strength and overall mobility. Many free instructional videos can be found online. Another option is to join a virtual class hosted by an exercise instructor or studio in your area. There are also a range of free exercise apps you can download to your smart device.

Local community service Share is hosting free, live online Tai Chi classes open to the public. To find out more, visit www.share.org.au or call 8580 0628.



If you aren't online or don't have a smart device, below are some simple ways to keep active regardless of your fitness level or the space you have at home.

Walking If it is possible to avoid crowds. Walking around your neighbourhood can provide enough exercise to increase your heart rate and deliver a boost to your mood and immune system.

If you must stay indoors, walking around the house and marching in place can help increase your daily step count. Climbing stairs will also boost your strength and endurance.

Just remember to stay at home if you are unwell, keep 1.5 metres apart from others, avoid physical contact, and wash your hands.

Strength training If you don't have weights or exercise equipment, you can use your own body weight and household items such as canned food as weights. Performing controlled repetitions over 30 - 60 seconds at a time can help build strength.

Push-ups, sit-ups, planks, squats and calf-raises can also be done in the comfort of your loungeroom. Hold onto a sturdy chair or wall for additional support if needed.



Balance training Improving your balance has a range of benefits, including improved body awareness, coordination, joint stability, reaction time and reducing your risk of falls and injury.

Stand on one foot for as long as you can and then switch sides. Once confident on one foot, try moving the raised foot around from front to back. Steady yourself with a wall or sturdy chair if you need a little extra support. Progress to no support, then to moving your arms out to the side.

Stretching can help decrease muscle stiffness, improve your posture and range of motion, reduce your risk of injury and relieve aches and pains. Stretching can also help to relieve tension, reduce and manage stress and improve your mood. Take time to stretch your muscles regularly throughout the day, especially if working from home at a computer.

Dancing is a fun, low-impact way to get a great cardio workout. Listen to your favourite music and invite your family members to join in too.

SAFETY TIPS TO REDUCE THE RISK OF FALLS AND INJURY

- ▶ Exercise on flat surfaces that are free of trip hazards. Wear appropriate clothes and footwear.
- ▶ **Don't overdo it:** If you are new to exercise, increasing the intensity of your routine too quickly can lead to injury. Start with lower impact exercises with low repetitions and take it slow and steady.
- ▶ **Stay hydrated:** Drinking plenty of water is not only important before, during and after exercise; keeping hydrated supports your immune system, brain function and mood.

MOTIVATION & SUPPORT

Keeping physically and mentally active is important but staying motivated while in lockdown can be hard. Things that might help you keep on track include:

- ▶ Finding things you enjoy doing
- ▶ Varying your activities to keep them interesting
- ▶ Setting achievable goals
- ▶ Setting a routine and planning your day to include time for activity
- ▶ Monitoring your activity and progress
- ▶ Seeking support from your family and friends



COVID-19 TESTING SUPPORT

FOR PEOPLE FROM MIGRANT BACKGROUNDS INCLUDING STUDENTS AND PEOPLE ON TEMPORARY VISAS

Financial support is available to support workers to get tested, that have to take a day off work to do so. Advanced Diversity Services will issue a one-off payment of \$200 to support workers to get tested.

To be eligible you must be living in Bayside and Georges River Councils and not eligible for sick leave payments from your employer, for getting the testing done.

Enquiries: Advance Diversity Services on (02) 9597 5455 or email: info@advancediversity.org.au

Application form at: https://docs.google.com/forms/d/1CMZ93s1-Yf-11TvUmAXJ3jdxD7qLXX_F459MzMDLm-M/edit?ts=60eba68c



NEIGHBOURHOOD CONNECT CARDS

During these challenging times it is important that we look after each other. If you have a neighbour who lives alone and is isolating, we have provided a card as a way for you to safely offer assistance to them. Please remember when providing any assistance:

- ▶ Follow advice from government and health authorities;
- ▶ Only undertake activities that you feel comfortable and safe doing;
- ▶ Wear a mask when leaving your home;
- ▶ Wash your hands regularly with soap;
- ▶ Practise physical distancing, keeping at least 1.5 metres between yourself and others; and
- ▶ Leave supplies on the doorstep or letterbox to avoid in-person contact.

If you can help please fill in the card and drop it into your neighbour's letterbox. If you receive a card in your letterbox and wish to accept the offer of help, please remember NOT to disclose any personal or financial information if you do not know the person. This will protect you both.

Call our Customer Service Centre staff and ask for one to be posted to you, or download it from Council's website at: www.bayside.nsw.gov.au/ConnectingCommunities

COVID HEROS PHOTO COMPETITION

This year, we are calling for photos of your COVID Hero. Please accompany your photo with a nomination that outlines an inspirational individual or organisation who has helped you.

Anyone who works or resides in the Bayside Council LGA can be a COVID Hero, it might be a neighbour who has shown great community spirit by assisting you with the groceries, a group or business whose programs have kept you sane or safe!

All ages and photography levels are welcome to enter and it's free! Details will be available on Council's website at www.bayside.nsw.gov.au from Monday 16 August 2021.



LIGHTS EXTENDED IN PARKS



Lighting at several of our parks has been extended to 9pm giving residents more time to enjoy some outdoor exercise.

You can exercise on your own, with members of your household, or with one other person. No team sports allowed. You must stay within Bayside or 10km from your home.

- ▶ AS Tanner Reserve
- ▶ Barton Park (outer section)
- ▶ Bexley Oval (including the outer section)
- ▶ Booralee Park
- ▶ Cahill Park
- ▶ Jellicoe Park
- ▶ L'Estrange Park
- ▶ Rowland Park
- ▶ Scarborough Central (north and south sections)
- ▶ Scarborough East
- ▶ Tonbridge Reserve

COUNCIL FACILITIES AND SERVICES

The safety of our communities, customers and staff is our top priority as we work to help stop the spread of COVID-19.

WHAT'S STILL OPEN

- ▶ Essential services such as bin collection will continue to operate.
- ▶ Childcare centres will continue to operate.
- ▶ Parks and sports fields are open for exercise on your own, with members of your household, or with one other person. You must stay within Bayside or 10km from your home.
- ▶ You can play golf at the Botany Golf Course, with a maximum group size of two, no booking required.
- ▶ You can play tennis. Courts are available for online instant booking on Council's website.
- ▶ Please use our online services or call 1300 581 299 for enquiries and service requests.

For more information visit: www.bayside.nsw.gov.au

ONLINE LIBRARY SERVICES

You can access library eResources including books, films, magazines, family history and training courses at our eLibrary. Just follow these easy steps:

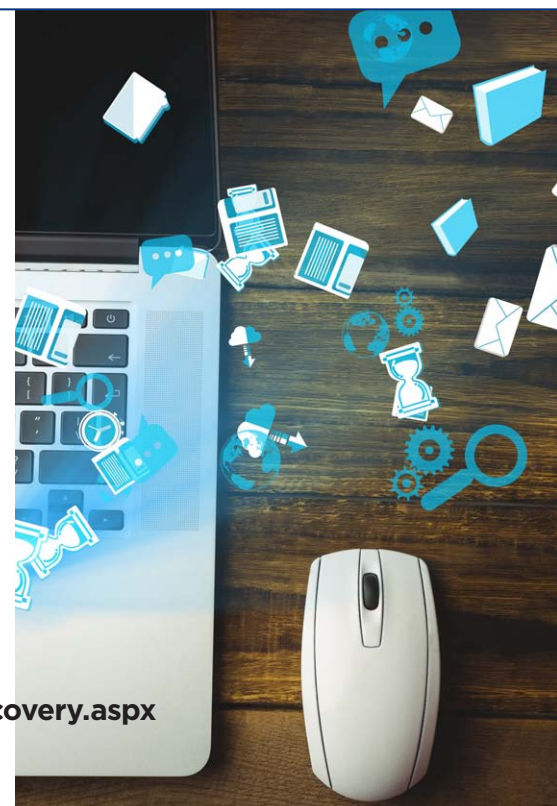
1. Visit: <https://library.bayside.nsw.gov.au>
2. Go to *eLibrary*
3. Browse the eResources and sign in with your library card

NOT YET A LIBRARY MEMBER?

1. Visit: <https://library.bayside.nsw.gov.au>
2. Go to *Join* to complete the online membership application
3. You will receive a library card number
4. Go to *eLibrary* to access the online collection

FORGOT YOUR LOGIN DETAILS?

1. Visit: <https://library.bayside.nsw.gov.au/Montage/MemberRecovery.aspx>
2. A reset link will be sent to your email
3. Or contact the library: enquiry@bayside.nsw.gov.au



BUILD YOUR TECHNOLOGY SKILLS

Be Connected is an Australia-wide initiative empowering all Australians to thrive in a digital world. Learn at your own pace with free courses on everything from how to access the Internet, make video calls or set up your own device.

TECH SAVVY SENIORS

The *Tech Savvy Seniors YouTube Channel* has training videos on smartphones and Zoom in community languages: Arabic, Cantonese, Hindi, Korean, Mandarin, Spanish, Vietnamese and English.

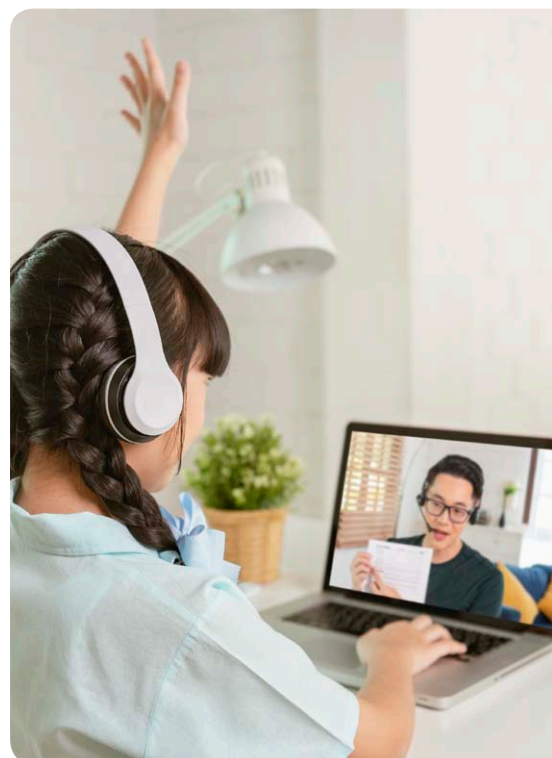


HOME SCHOOL RESOURCES

Bayside has learning content accessible with your library card at our eLibrary at: <https://library.bayside.nsw.gov.au>

- ▶ Missing Bayside's Early Readers range? *Tumblebooks* has a range of Early Readers to build literacy skills.
- ▶ Bring Storytime home with *Story Box Library*. Picture books are read aloud by Australian storytellers with accompanying craft.
- ▶ Primary and secondary students can explore our range of chapter books and youth fiction from *BorrowBox*, *Libby* and *Indyreads*.
- ▶ If your kids are doing school projects, non-fiction books and articles can be found at *National Geographic for Kids*.
- ▶ *The Computer School* has courses on a multitude of topics including coding, Excel and Adobe. There are also special programs on kids' online safety and security.

For more information: enquiry@bayside.nsw.gov.au



YOU ARE NOT ALONE

Your mental wellbeing is important. If you're feeling anxious or stressed, you're not alone. There are services that can support you through these difficult times.

If you're experiencing anxiety, changes in your mood, feeling overwhelmed or finding it difficult to sleep, it might be time to reach out.

Visit: www.nsw.gov.au/covid-19/health-and-wellbeing for information and free support services or call Beyond Blue on 1300 224 636.



COVID-19 VACCINE AVAILABLE

Do you live in the Eastlakes area and want to get protected from COVID-19?

The AstraZeneca COVID-19 vaccine is available for anyone in Eastlakes over the age of 40. Flu vaccinations are also available for adults.

WHEN AND WHERE

Thursdays 9:15am - 12pm at the Alf Kay Eastlakes Community Centre, Florence Avenue, Eastlakes. For more information call the KRC mobile testing clinic on 0429 802 381 or visit: www.thekrc.org



LOCAL COVID-19 TESTING CLINICS

Check www.nsw.gov.au/covid-19 for up-to-date information.

Alf Kay Eastlakes Community Centre

Florence Avenue, Eastlakes.
Thursday: 9:15am – 12pm.
Appointments not required.

Bexley Histopath Pathology

Drive-through Pop-up Clinic.
339 Forest Road, St Mary and St Mina Coptic Orthodox Cathedral, Bexley.
Monday - Sunday: 8am – 4pm.
Appointments not required.
Wheelchair accessible but patrons must remain in vehicle.

Brighton Le Sands / Arncliffe Histopath Pathology

Drive-through Clinic.
Corner Spring and West Botany Streets, Riverine Park, Arncliffe.
Monday - Friday: 8am – 6pm.
Saturday & Sunday: Closed.
Appointments not required.
Wheelchair accessible but patrons must remain in vehicle.

Carlton 4Cyte Pathology Clinic

Drive-through and Walk-in.
261 Princes Highway, Carlton.
Entry via Ecole Street, off Princes Highway.
Monday - Sunday: 8am – 8pm.
Appointments not required.

Hurstville Community Health Care

34 Wonoira Road, Hurstville.
Monday - Friday: 9am – 4pm.
Saturday: Closed.
Sunday: Closed.
Appointments not required.
Wheelchair accessible.
Children under 5 years old are not tested at this clinic.

Hurstville 4Cyte Pathology

Drive-through.
8 Ormonde Parade, Hurstville.
Monday - Sunday: 9am – 6pm.
Appointments not required.
Wheelchair accessible.

Mascot International Airport Histopath Pathology

Drive-through.
Centre Road P9. Clinic is at the Arrivals Express Pick-up Carpark, Mascot.
Monday - Sunday: 8am – 8pm.
Appointments not required.
Wheel chair accessible but patrons must remain in vehicle.

Mascot Laverty Pathology

135 Baxter Road, Mascot.
Monday - Sunday: 8am – 6pm.
Appointments not required.
Wheelchair accessible.

Rockdale 4Cyte Pathology

Drive-through Clinic.
594-596 Princes Highway, Rockdale.
Monday - Sunday: 8am – 8pm.
Appointments not required.
Wheelchair accessible but patrons must remain in vehicle.

Rockdale Histopath

Drive-through Pop-up Clinic.
West Botany Street, Rockdale.
Monday - Sunday: 8am – 4pm.
Appointments not required.

St George Hospital

Kensington Street, Kogarah (Enter via Gate 3).
Monday - Sunday: 8am – 8pm.
Appointments not required.
Wheelchair accessible.
Children under 12 months will be referred to the Emergency Department.



STAY INFORMED AND PROTECTED



COVIDSafe app

The COVIDSafe app speeds up contacting people exposed to coronavirus (COVID-19).

This helps us support and protect you, your friends and family.



Coronavirus Australia app

Stay up to date with official information and advice about the coronavirus (COVID-19) situation.

You can check your symptoms and get notified when urgent information and updates are published.



Australian Government WhatsApp channel for COVID-19

Join our COVID-19 WhatsApp channel to learn the latest on Australia's response to coronavirus (COVID-19).

If you're already a WhatsApp user you can send a message to the channel to connect. If you don't have WhatsApp, download the app to join the channel.



For more information:

www.bayside.nsw.gov.au/covid19

