

About changes to restrictions if you live in metropolitan Melbourne

August 2020



Easy English



Hard words

This information has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



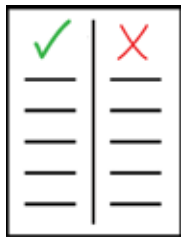
About this book



This book is by the Department of Health and Human Services.



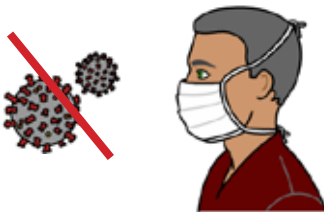
This book is about changes to **restrictions** in metropolitan Melbourne.



Restrictions are rules that mean

- we have to do less of some things

and



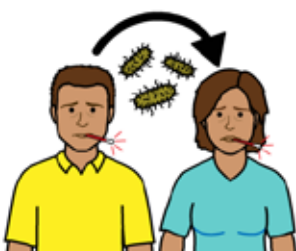
- we help people stay safe from **coronavirus**.



Coronavirus

- can make people very sick

and



- is spread when you are close to someone else.

What you must remember

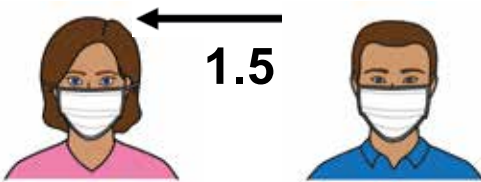


You **must** wear a face mask when you go outside your home.

For example, when you shop for food.



You must **not** share your face mask with another person.



You **must** be 1.5 metres or 2 big steps away from other people



You **must** get tested for coronavirus if you have **symptoms**.



Symptoms are signs that you might be sick.
For example, a cough or runny nose.



You **must** stay at home until you are better.



The test for coronavirus is free.



To find out more about how to get tested go to

<https://www.dhhs.vic.gov.au/getting-tested>



It is important to still

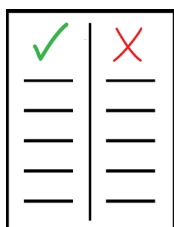
- wash your hands a lot more



- cough or sneeze into a tissue or your elbow



- keep the places you use clean.



Restrictions might change if more needs to be done to keep people safe from coronavirus.



We will tell you if restrictions change.

When to wear a face mask



You **must** wear a face mask when

- you need to go outside your home

and



- you are 12 years old or older.



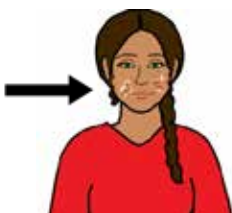
You do **not** have to wear a face mask if you have a medical condition that makes it hard for you to cover your face.



For example

- problems with your breathing

or



- a serious condition that affects your face.



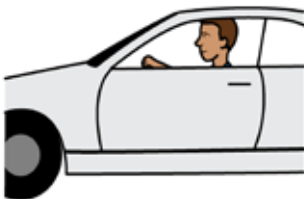
You do **not** have to wear a face mask if you are with someone who is Deaf and they need to see your mouth to understand what you say.



You do **not** have to wear a face mask when you do exercise that makes you out of breath. For example, running **not** walking.



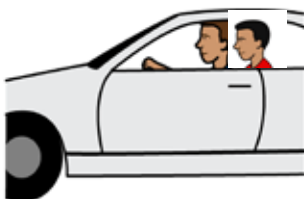
You **must** carry a face mask and wear it as soon as you stop the exercise.



You do **not** have to wear a face mask when you are in a car

- by yourself

or



- with someone you live with.

About stage 4 restrictions



You **must** follow stage 4 restrictions if you live in metropolitan Melbourne.



You can **not** leave your home from 8 o'clock at night to 5 o'clock in the morning.



The only reasons to leave your home at night are

- for important health care

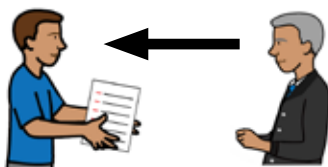


- in an emergency if you do **not** feel safe



- for **permitted work**.

Permitted work means you have a special permit or letter that says you can work away from home.



Your workplace will give you a permit if you are allowed to have one.



You must **not**

- have people visit your home

or

- visit others in their home.



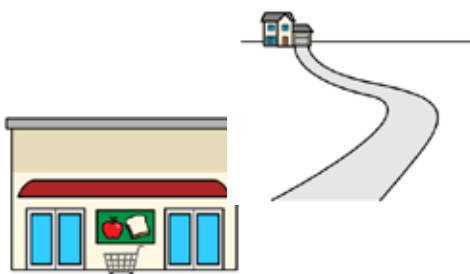
There are only 4 reasons to leave your home in the day time.

1. To shop for food or important things.



You can only go to shops that are

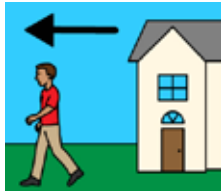
less than 5 kilometers from your home.



If you live **more than** 5 kilometers away from shops you must go to shops that are closest to your home.



You can only leave your home to shop once each day.



Only 1 person can leave your home to shop.



You can only take your child to the shops if there is no one else to look after them at home.

2. To go to work.



You can only go to work away from home if you are a permitted worker.



You **must** carry your work permit with you when you travel to and from work.

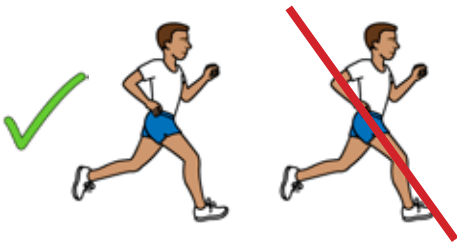


If you do **not** have a work permit you **must** work from home if you can.



All school and study **must** be done online.

3. To exercise.



You can only exercise

- once each day



- for 1 hour.



You can **not** exercise **more than** 5 kilometers from your home.



You can only exercise

- alone

or



- with 1 other person.



You can only take your child with you for exercise if there is no one else to look after them at home.

4. To care for someone or get medical help.



You can leave your home if you need health care or have a medical appointment.



You can leave your home to care for someone who

- is sick



- is old

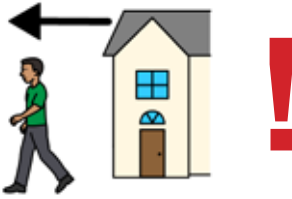


- needs help to go to a medical appointment.



You can leave your home to take a pet to the vet.

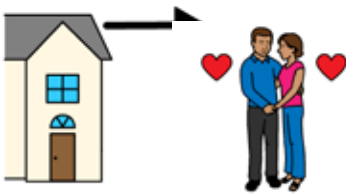
Other reasons to leave your home.



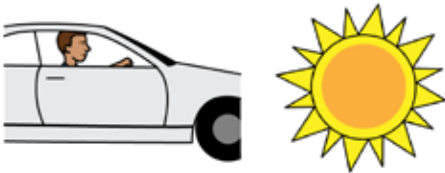
You can leave your home in an emergency.



You can leave your home if you share the parenting of your kids with someone who you do **not** live with.



You can leave your home to visit your partner.



You can only travel to or from your partner's home from 5 o'clock in the morning to 8 o'clock at night.



You can leave your home if you do **not** feel safe.
For example, if there is violence in your home.



Contact safe steps at any time if you are

- **not safe**

and

- need help.



Call 1800 015 188



Email safesteps@safesteps.org.au

Restrictions to activities and places



Most shops and businesses are closed.



Some places can sell take away food and drinks.



Weddings must **not** happen in metropolitan Melbourne.

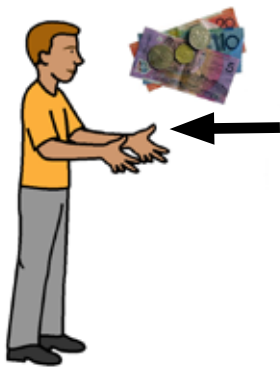
You can **not** travel to a wedding in regional Victoria.



Only 10 people can be at a funeral.



If you live in aged care or a disability residential service you can have 1 visitor for 1 hour each day.

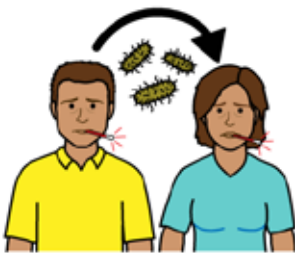


Help to stay at home

You can get a special payment from the government if you can **not** work because

- you have coronavirus

or



- you are a **close contact** of someone with coronavirus.



Close contact means you have been close to someone in the last few days who now has coronavirus.



We will tell you if you are a close contact.



This special payment is to help you to stay at home until you get a test for coronavirus.



Call 1800 675 398

Other ways to get help



If you feel worried or afraid you can get help.



Call Lifeline

13 11 14



Call Beyond Blue

1800 512 348



If you feel alone because of coronavirus restrictions you can get help.



Call the Coronavirus Hotline

1800 675 398 then press 3



You will talk to a person from the Australian Red Cross who will help you find local support.

More information



For more information about face masks

Go to the DHHS website.

www.dhhs.vic.gov.au/face-coverings-covid-19



For information about the coronavirus

Call the Coronavirus Hotline.

1800 675 398



If there is an emergency

Call Triple Zero.

000



If you need help with English

Contact the Telephone Interpreting Service.

131 450



If you need information in another language

Go to the DHHS website.

www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19



If you need help to speak or listen

Contact the DHHS through the National Relay Service or NRS.

Call the NRS Help desk.

1800 555 660

Go to the NRS website.

communications.gov.au/accesshub/nrs

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For the original contact the Department of Health and Human Services.

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Health
and Human
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