Department of Families, Fairness and Housing

Restrictions for people who live in regional Victoria from Friday 11 June

**Easy English 2021**
This is the text-only version of the Easy English document.

This book has some hard words.

Hard words will be marked with a star on both sides of the word.

We will write what the hard word means.

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 Families, Fairness and Housing.

This book is about \*restrictions\* for people who live in regional Victoria from **Friday 11 June**.

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 are the restrictions?

From Friday 11 June everyone who lives in regional Victoria must follow these restrictions.

You can leave home for any reason

You can travel any distance from home.

You **must** wear a face mask indoors at all times except if you are in your home.

You **must** wear a face mask outside if you **cannot** stay 2 big steps away from other people.

You **must** wear a face mask if you are 12 years and over.

There are some reasons when it is ok **not** to wear a face mask.

For example, if you have a breathing problem.

When can you meet other people?

You can meet with up to 20 people outside.

You can have 2 adults visit your home each day.

The visitors can bring their children.

Work and school

You should work from home if you can.

Workplaces can have limited numbers of people there each day.

Schools and childcare are open.

Activities and places

Many shops and businesses are now open.

Most places will ask you to scan a \*QR code\* when you visit.

A QR code makes a record of your name and the time that you
were in a place.

Ask a staff member If you need help.

There are limits to numbers of people who can be at

* weddings
* funerals
* religious services.

Community sport can happen for all ages.

Indoor pools are open for

* \*hydrotherapy\*
	+ hydrotherapy means you use the pool for medical reasons
* swimming
* water safety lessons.

You should check with the local sport and recreation place to find out if they are open.

**No visitors** will be allowed at

* aged care homes

or

* disability residential services.

Visitors who give essential care or language support will still be allowed to visit.

If you need to visit someone you should call the care home to ask for permission to visit.

The only visitors allowed in hospitals are

* people who need to visit someone who is at the end of their life
* someone who will support their partner to give birth
* parents who are taking their child for care.

Who can get a vaccination?

You can get a coronavirus \*vaccination\* if you

* are 40 years or older

or

* are an adult with a disability

or

* are 16 years or older and have a serious medical condition

or

* work in health or aged care or disability services.

A vaccination is medicine to

* protect you from a virus

and

* help stop you getting sick.

When you get the coronavirus vaccination it will help keep you and the community safe.

For more information or to book an appointment call the
Coronavirus Hotline.

1800 675 398

Press 0 if you need an interpreter.

Go to our website for a list of vaccination centres.

[coronavirus.vic.gov.au/vaccine](https://www.coronavirus.vic.gov.au/vaccine)

**Important things to remember**

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

Symptoms are signs that you might be sick.

The symptoms of coronavirus can be

* cough or sore throat
* problems with your breathing
* runny nose
* loss of or change in sense of smell or taste
* fever and chills or sweats.

You **must** stay at home until you

* are **not** sick anymore

and

* get a negative coronavirus test result.

The test for coronavirus is free for everyone.

It is free even if you are **not** a \*citizen\* or a \*permanent resident\*of Australia.

Citizen means you belong to a country by law.

Permanent resident means you have a certificate that says you can live in Australia.

To find out more about how to get tested go to

[coronavirus.vic.gov.au/getting-tested](https://www.coronavirus.vic.gov.au/getting-tested)

Help to stay at home

The government can pay money to help if you **cannot** work
because you

* are waiting for a coronavirus test result at home
* have coronavirus
* look after or live with someone who has been told to stay at home
* are a \*close contact\* of someone who has coronavirus.

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

We will tell you if you are a close contact.

For more information call the Coronavirus Hotline.

1800 675 398

Press 0 if you need an interpreter.

More information

For more information about restrictions

[coronavirus.vic.gov.au](http://www.coronavirus.vic.gov.au)

For more information about places where coronavirus has been found in the community

[coronavirus.vic.gov.au/exposure-sites](http://www.coronavirus.vic.gov.au/exposure-sites)

For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

Press 0 if you need an interpreter.

If there is an emergency

Call Triple Zero.

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If you need help with English

Contact the Telephone Interpreting Service.

Call 131 450

If you need information in another language

Go to our website.

[coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19](http://www.coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19)

If you need help to speak or listen

Use the National Relay Service.

Website [communications.gov.au/accesshub/nrs](http://www.communications.gov.au/accesshub/nrs)

Call 1800 555 660

Give the relay officer the phone number you want to call.

Acknowledgements

Scope’s Communication and Inclusion Resource Centre wrote the Easy English in June 2021, [www.scopeaust.org.au](http://www.scopeaust.org.au). To see the original contact the Department of Families, Fairness and Housing.