# Department of Families, Fairness and Housing

# Changes to restrictions in Victoria from Thursday 18 February 2021

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 changes to \*restrictions\* in all of Victoria from Thursday 18 February 2021.

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 has changed?

From Thursday 18 February 2021 some restrictions in Victoria   
have changed.

When to wear a face mask

A face mask **must** be worn indoors at all times unless you are in your home or someone else’s home.

A face mask **must** be worn when you are outside and you **cannot** stay 1.5 metres or 2 big steps away from other people.

You **must** wear a face mask when you

* are at work
* go shopping
* are on public transport or in a taxi.

You must always carry a face mask when you leave home and wear it when needed.

You do not need to wear a face mask if you have a lawful reason **not** to.   
For example, if you have a breathing problem.

When you see other people

You can have up to 5 visitors in your home each day. This includes your back yard and front yard.

The limit does **not** include carers.

You can meet with up to 20 people outside of your home.   
For example, at the park or the beach.

You can keep your friends and family safe by meeting outside because you are less likely to catch coronavirus outside.

Restaurants and bars

More people are allowed inside and outside at restaurants and bars.

Ceremonies and religious gatherings

There are some limits to how many people can be at

* religious gatherings
* weddings
* funerals.

Venues will tell you how many people can be at these events.

A wedding or gathering at your home can only have 5 people.

# Important things to remember

You **must**

* carry a face mask when you leave home
* wear a face mask outdoors when you **cannot** stay 1.5 metres or 2 big steps away from other people
* wear a face mask inside unless you are at your house or someone else’s house.

It is important to still

* wash your hands often

and

* cough or sneeze into a tissue or your elbow.

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.

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

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

# What happens if you do not follow the rules?

You can be fined a lot of money by the police if you do not follow   
the rules.

# Help to stay at home

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

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

# 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 restrictions**

Go to our website.

[coronavirus.vic.gov.au/coronavirus-covidsafe-summer](https://coronavirus.vic.gov.au/coronavirus-covidsafe-summer)

**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.

000

**If you need help with English**

Contact the Telephone Interpreting Service.

131 450

**If you need information in another language**

Go to our website.

[coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19](https://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 nrschat.nrscall.gov.au/nrs/internetrelay

Call 1300 555 727

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

# Acknowledgements

Scope (Aust) Ltd. created this Easy English document in February 2021 for the Department of Families, Fairness and Housing.

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For more information contact Scope on 1300 472 673 or visit [www.scopeaust.org.au](http://www.scopeaust.org.au)