

How we live.

Information for people in Victoria

From Friday 16 July



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

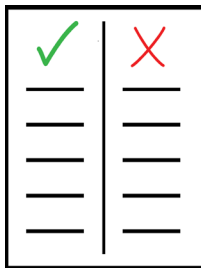


Families,
Fairness
and Housing

This book is by the
Department of Families, Fairness and Housing.



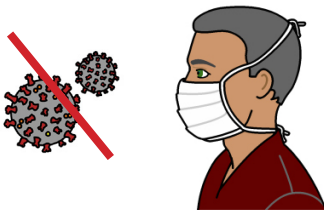
This book is about **restrictions** for people
who live in Victoria from **Friday 16 July**.



Restrictions are rules that mean

- we have to do less of some things

and



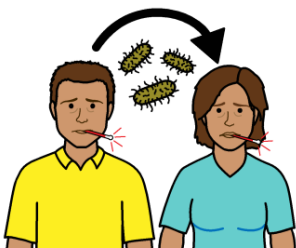
- we help people stay safe from **coronavirus**.



Coronavirus

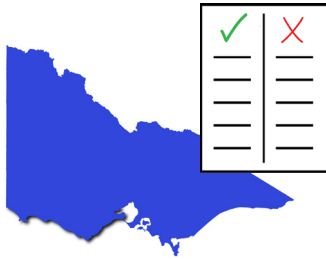
- can make people very sick

and



- is spread when you are close to someone else.

What are the restrictions?

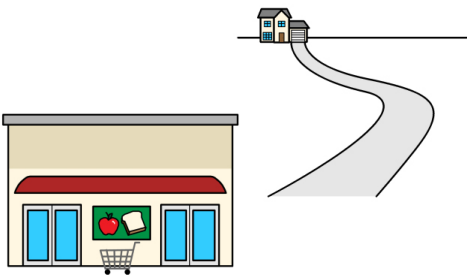


From **Friday 16 July** everyone who lives in Victoria must follow these restrictions.

There are only **5** reasons to leave your home



1. To shop for food or important things.



You can only go to shops that are **less than** 5 kilometres from your home.

If you live **more than** 5 kilometres 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.



2. 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

- needs personal support, like help to shower

- is sick



- is old

- needs help to
 - go to a medical appointment
 - get a coronavirus test.



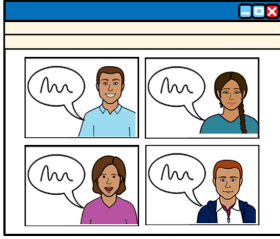
3. To go to work or school if allowed.



You can only go to work away from home if you do authorised work.



Your workplace will tell you if you are an authorised worker.



If you do **not** do authorised work you **must** work from home if you can.



Students who can go to school are

- children of authorised workers



- **vulnerable** children
 - vulnerable means the child is in out of home care or needs education outside of their home.



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



All kindergartens and childcare will stay open.

4. To exercise.

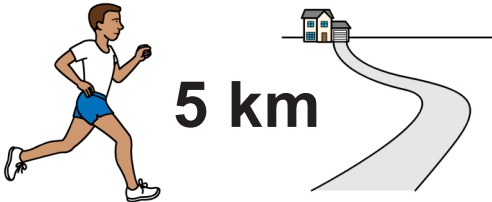


You can only go outside to exercise

- once each day



- for up to 2 hours.



You **cannot** exercise **more than** 5 kilometres from your home.

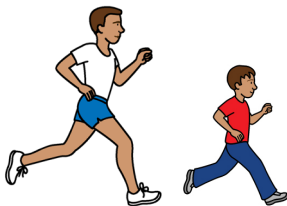


You can exercise

- alone

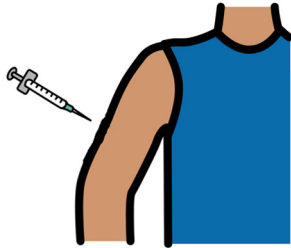


- with 1 other person who you do **not** live with

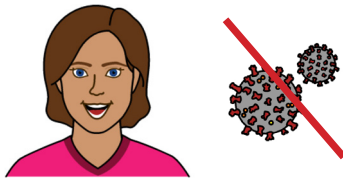


- with people that you live with.

5. To get a coronavirus vaccination.



You can leave home to get a coronavirus **vaccination**.



A vaccination is medicine to

- protect you from a virus

and

- help stop you getting sick.



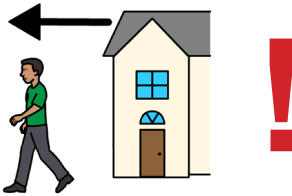
When you get the coronavirus vaccination it will help keep you and the community safe.



Go to our website for a list of vaccination centres.

coronavirus.vic.gov.au/vaccine

Other reasons to leave home



You can leave your home in an emergency.



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



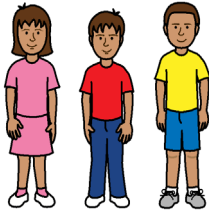
Contact Safe Steps at any time if you are
not safe and need help.



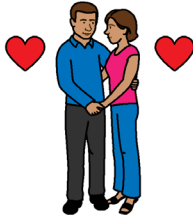
Call 1800 015 188



Email safesteps@safesteps.org.au



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



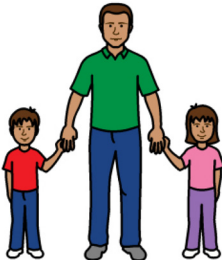
You can leave your home to visit your partner who you do **not** live with.



You can choose 1 other person who can visit you in your home if

- you live alone

or



- you are a single parent and all your children are less than 18 years old.



Your visitor **must** be the same person each time.



You can also visit their home if there are no other adults in the home at that time.



When to wear a face mask

You **must** wear a face mask at all times when you leave your home.



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



You **must** carry a face mask at all times.



There are some reasons when it is ok **not** to

- wear a face mask

and

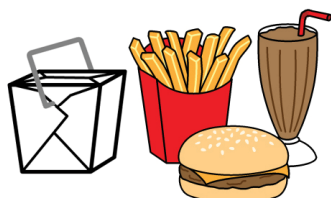
- carry a face mask.

For example, if you have a breathing problem.



Restrictions to activities and places

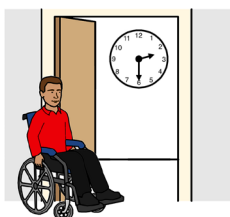
Most shops and businesses are closed.



Some places can sell take away food and drinks.



All places must 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.



You scan the QR code with the camera on your phone.



If you do **not** have a phone ask a staff member for help.

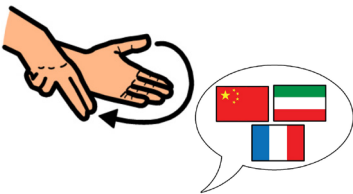


No visitors will be allowed at

- aged care homes



- disability residential services.



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



If you need to visit someone who is at the end of their life you can call the care home to ask for permission to visit.



The only visitors allowed in hospitals are

- people visiting someone at the end of their life



- someone with a partner who is giving birth



- parents who are taking their child for care.

Important things to remember



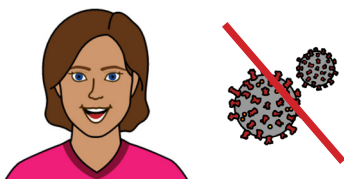
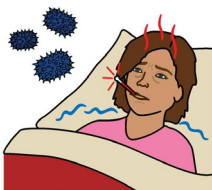
You **must** get tested for coronavirus straight away if you have **symptoms**.

Symptoms are signs that you might be sick.



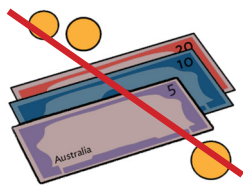
The symptoms of coronavirus can be

- 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.



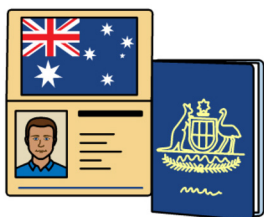
You **must** stay at home until you

- are **not** sick anymore
- and
- get a negative coronavirus test result.

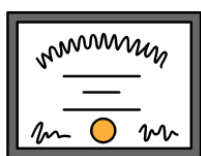


The test for coronavirus is free for everyone.

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.

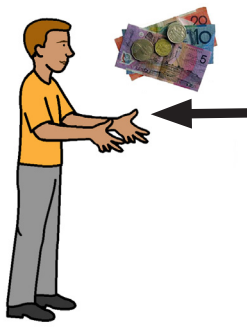


Permanent resident means you have a certificate that says you can live in Australia.



To find out more about how to get tested go to

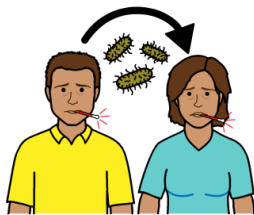
coronavirus.vic.gov.au/getting-tested



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



For more information about exposure sites

coronavirus.vic.gov.au/exposure-sites



For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

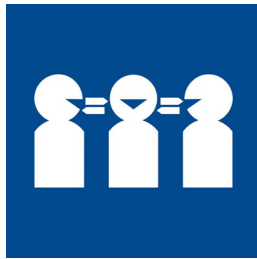
Press 0 if you need an interpreter.



If there is an emergency

Call Triple Zero.

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



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.

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