

About changes to restrictions in Victoria

From Monday 23 November 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.

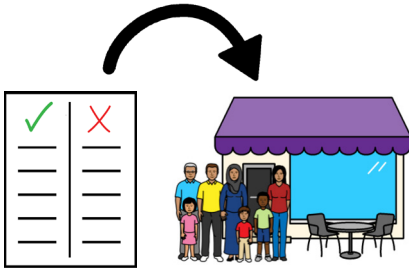


About this book

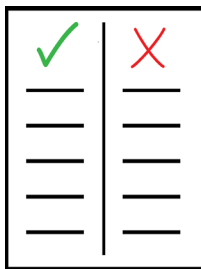


Health
and Human
Services

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



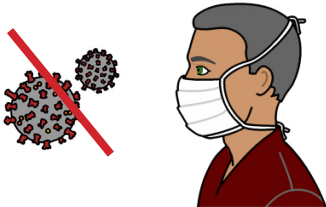
This book is about changes to **restrictions** in all of Victoria from **Monday 23 November 2020**.



Restrictions are rules that mean

- we have to do less of some things

and



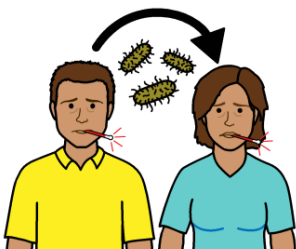
- we help people stay safe from **coronavirus**.



Coronavirus

- can make people very sick

and



- is spread when you are close to someone else.



What has changed?

From **Monday 23 November 2020** some restrictions for everyone 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 own home.

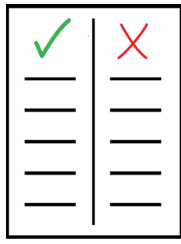


This means you wear a face mask when you are

- at work
- shopping
- on public transport.

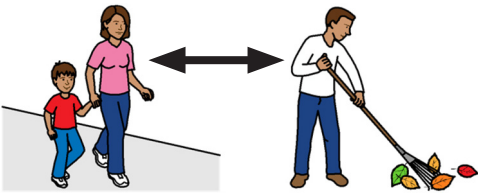


You should wear a mask when you have visitors in your home or visit someone at their home.

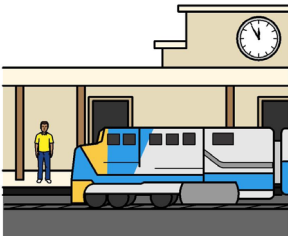


You do **not** need to wear a face mask if you have a lawful reason.

For example, you have a medical condition on your face or a breathing problem.



You do **not** need to wear a face mask outside if you can keep 1.5 metres or 2 big steps away from other people.



Outdoor places where you **must** still wear a mask might be

- public transport stations
- outdoor markets
- walkways where there are a lot of people.



You **must** still carry a face mask with you at all times when you leave home and wear it when needed.

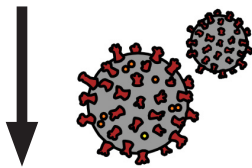


When you see other people

You can have up to 15 visitors in your home each day.



You can keep your friends and family safe by meeting outside.



You are less likely to catch coronavirus outside.

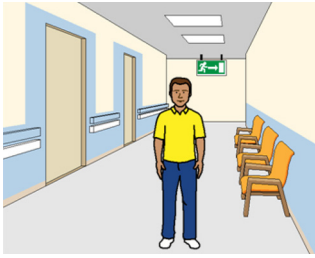


Up to 50 people can meet in a group outside.



When you meet outside it **must** be in a public place and **cannot** be outside at home.

A public place means a park or the beach.



There are **no** restrictions about visits to hospitals and care homes except for normal visiting rules.

This means you can visit

- for any reason
- for any amount of time.

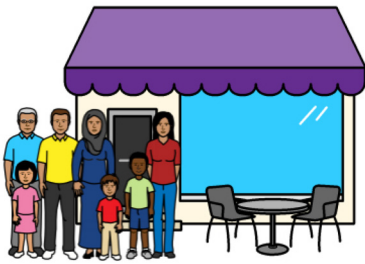


You can have a holiday in Victoria with

- the people you live with

and

- up to 15 other people.



Shops, restaurants and bars

More people are allowed to sit inside and outside to eat at restaurants and bars.



Hairdressers, beauty and personal care services can come to your home.

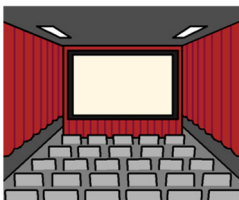


You can take off your face mask when you have beauty and personal care services.
For example, facials and beard trimming.

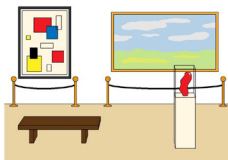


Other places that can open with a plan to keep people safe from coronavirus include

- libraries



- cinemas



- museums and galleries.

Sport and recreation



All sport and recreation can happen for all ages.



Check with your sport or recreation group to find out how they will keep you safe when you play.

Ceremonies and religious gatherings



Religious gatherings can happen

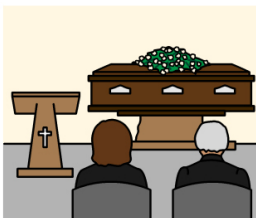
- outside for up to 300 people

or

- inside for up to 150 people.

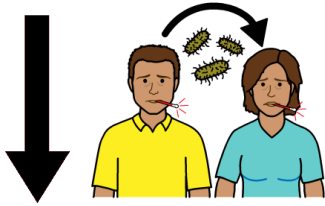


A wedding can have up to 150 people.



A funeral can have up to 150 people.

When will restrictions change again?



Restrictions will change again when the number of people with coronavirus is low for a long time.



We will tell you when restrictions change.

Important things to remember



You **must**

- carry a face mask when you leave home

and



- wear a face mask inside.



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



It is important to still

- wash your hands often



- cough or sneeze into a tissue or your elbow



- keep the places you use clean.



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

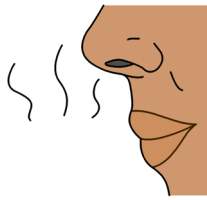
- cough or sore throat



- problems with your breathing



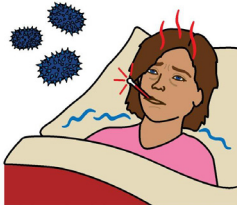
- runny nose.



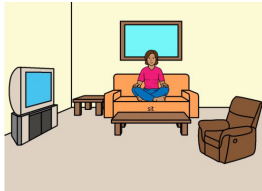
The symptoms of coronavirus can also be

- loss of or change in sense of smell or taste

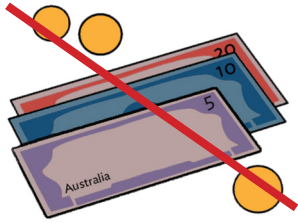
and



- fever and chills or sweats.

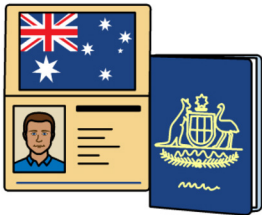


You **must** stay at home until you are **not** sick anymore.



The test for coronavirus is free.

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.



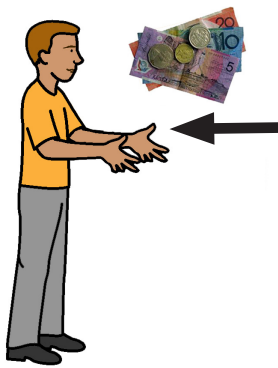
To find out more about how to get tested go to

dhhs.vic.gov.au/getting-tested

What happens if you do not follow the rules



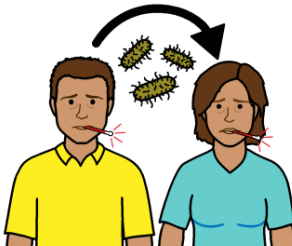
You can be fined a lot of money by the police if you do **not** follow the rules.



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 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-covid-19-restrictions-roadmaps



For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

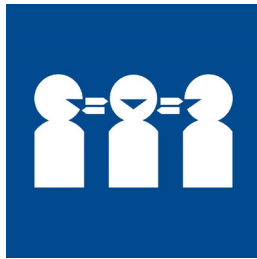
Press 0 if you need an interpreter.



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.

dhhs.vic.gov.au/translated-resources-coronavirus-disease-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



Health
and Human
Services



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

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

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