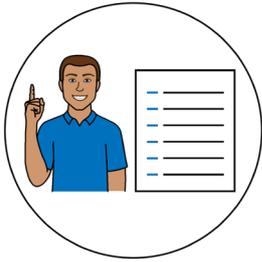


How we live in metropolitan Melbourne

From Monday 20 September



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.



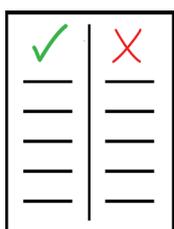
About this book



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

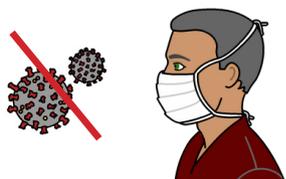


This book is about **restrictions** for people who live in metropolitan Melbourne.



Restrictions are rules that mean

- we must do less of some things

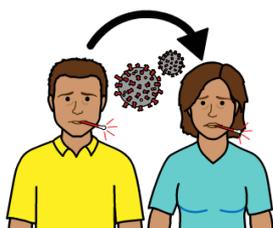


- we help people stay safe from **coronavirus**.



Coronavirus

- can make people very sick



- is spread when you are close to someone else.

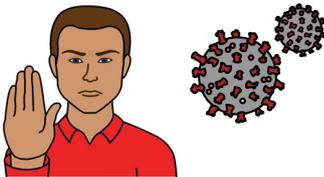
What are the restrictions?



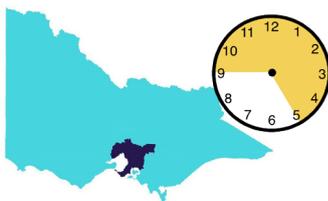
From **Monday 20 September** everyone who lives in metropolitan Melbourne must follow the restrictions.



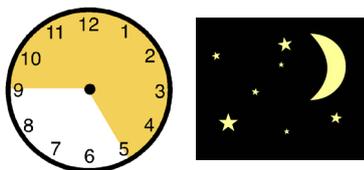
We want **less** people to be moving around outside their homes.



This will help to **stop** the spread of coronavirus.



There is a **curfew** in metropolitan Melbourne.



Curfew means you must **not** leave your home between 9 o'clock at night and 5 o'clock in the morning.



The only reasons to leave your home at night are

- for important health care for you or someone you care for



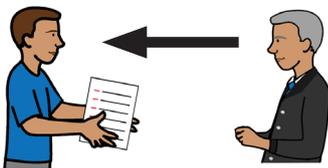
- in an emergency if you do **not** feel safe



- for **authorised work**.



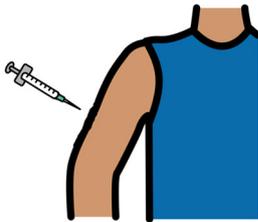
Authorised work means you have a special permit or letter that says you can work away from home.



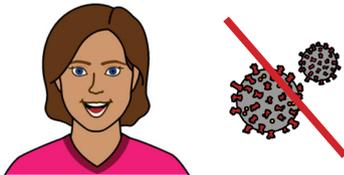
Your workplace will give you a permit if you are allowed to have one.

There are only 6 reasons to leave your home in the day

1. To get a coronavirus vaccination

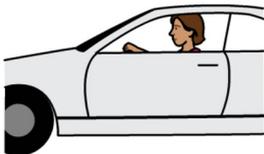


You can leave home to get a coronavirus **vaccination**.



A vaccination is medicine to

- protect you from a virus
- help stop you getting sick.



You can travel more than 10 kilometres to get a vaccination.



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

2. To shop for food or important things

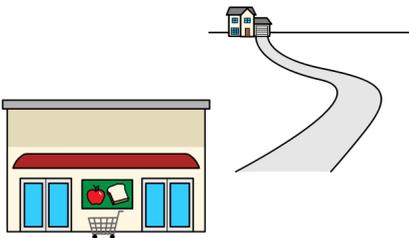


You can only leave your home to shop once each day.

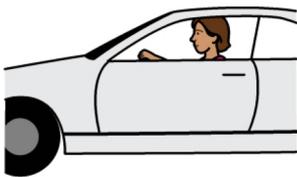
Only 1 person can leave your home to shop.



You can shop with a support person if needed.



You can only go to shops that are **less than** 10 kilometres from your home.



If you live **more than** 10 kilometres away from shops you must go to shops that are closest to your home.



3. To care for someone or get medical help

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

For example, to see your doctor or for hydrotherapy.



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.



4. To go to work or school if allowed



You can only go to work away from home if you are an authorised worker.



You might be asked to show your permit.



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



Kindergartens and childcare are closed.

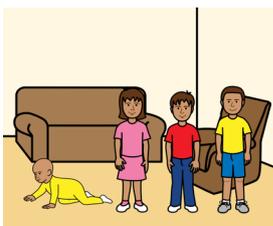


All school and study **must** be done online.



Students who can go to school, kindergarten and childcare are

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



Children can only go to **in-home care** if 1 parent is an authorised worker.

In-home care means someone cares for a child at home, like a babysitter.



5. To exercise

You can only go outside to exercise

- once each day



- for up to 4 hours.



Exercise includes a walk outside.



You can exercise

- alone



- with 1 other person



- with your child who is under 18 years old
if they **cannot** be left at home.



You must stay within 10 kilometres of your home.

6. To meet people outdoors



You can meet outside with

- 1 person from another household

or



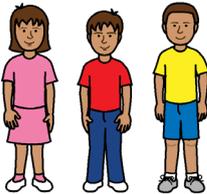
- up to 5 adults who have each had **2 coronavirus vaccination doses.**



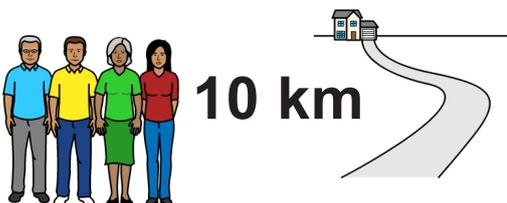
For example, you can meet to have a picnic or exercise.



The 5 adults can only come from 2 different households.

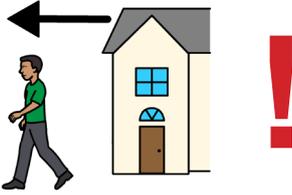


Children who are under 18 years old can also meet if they **cannot** be left at home.



You must stay within 10 kilometres of your home.

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.



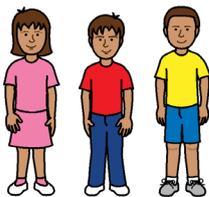
Contact Safe Steps at any time if you are **not** safe and need help.



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.

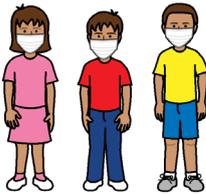
When to wear a face mask



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 old and over.



Children under 12 years old can wear a face mask when they are **not** at home but it is **not** a rule.



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

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

- wear a face mask



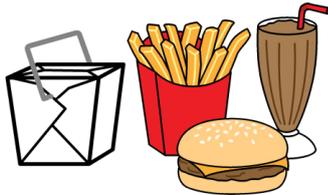
- carry a face mask.

For example, if you have a breathing problem.

Restrictions to activities and places



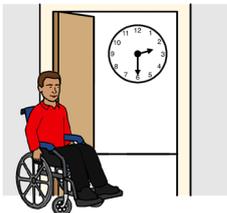
Most shops and businesses are closed.



Some places can sell take away food and drinks.



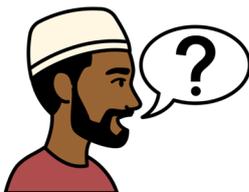
All places must ask you to scan a **QR code** when you visit.



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.



Playgrounds are open for children under 12 years old with 1 parent or carer.



Parents or carers at the playground

- **cannot** take off their face mask to eat or drink



- **must** check in with a QR code.



Parks and outdoor spaces are open.

For example, you can still walk in the park.



Funerals can have up to 10 people.



Religious services must be done online.



You **cannot** have visitors in your home or visit other people's homes.



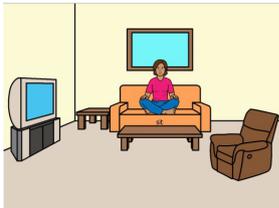
The only time it is ok to visit someone else at home is when you visit

- your partner who you do **not** live with

or



- 1 person in a **single social bubble**.



A single social bubble means 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 of your children are less than 18 years old.



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

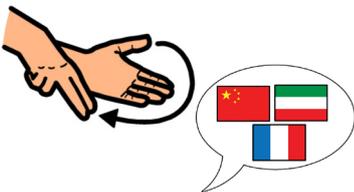


No visitors will be allowed at

- aged care homes



- disability homes.



Visitors who give 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

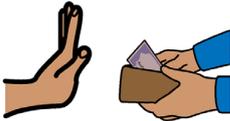


- parents who are taking their child for care.

Important things to remember



Get a coronavirus vaccination if you can.



Coronavirus vaccinations are free for everyone.



To find out if you can get a coronavirus vaccination go to

covid-vaccine.healthdirect.gov.au/eligibility



To make an appointment to get a coronavirus vaccination go to

coronavirus.vic.gov.au/book-your-vaccine-appointment



Or you can call the Coronavirus Hotline.

1800 675 398

Press 0 if you need an interpreter.



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



- headache



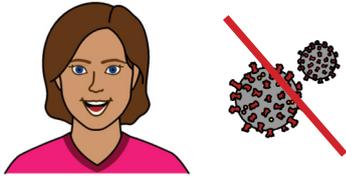
- problems with your breathing

- runny nose



- if things smell or taste different to normal

- fever and chills or sweats.



If you have symptoms you **must** stay at home until you

- are **not** sick anymore

and

- get a negative coronavirus test result.

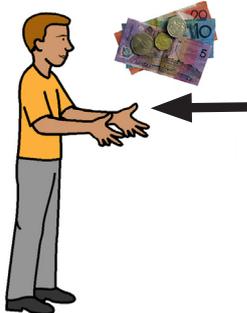


To find out more about how to get tested go to

coronavirus.vic.gov.au/getting-tested



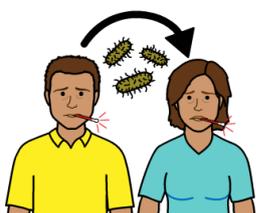
The test for coronavirus is free for everyone.



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.



To find out about the support available go to

coronavirus.vic.gov.au/support

More information



For more information about restrictions

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



For more information about places where
coronavirus has been found

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



For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

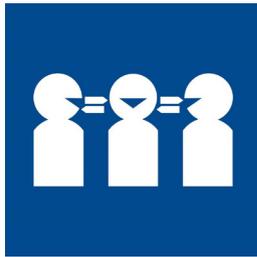
Press 0 if you need an interpreter.



If there is an emergency

Call Triple Zero.

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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Families,
Fairness
and Housing

