

How we live in regional Victoria

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

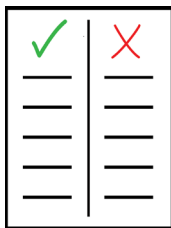


Families,
Fairness
and Housing

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

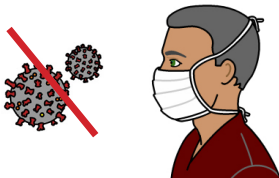


This book is about **restrictions** for people
who live in regional Victoria.



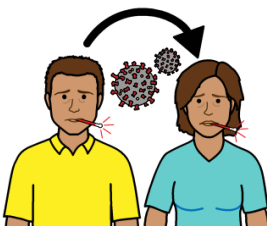
Restrictions are rules that mean

- we must do less of some things
- we help people stay safe from **coronavirus**.

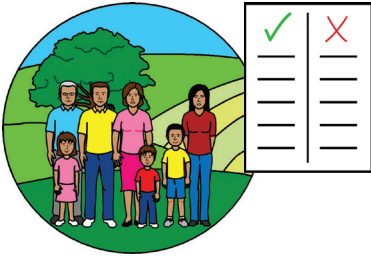


Coronavirus

- can make people very sick
- is spread when you are close to someone else.



What are the restrictions?



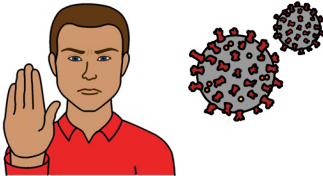
From **Monday 20 September** people in regional Victoria must follow the restrictions.



Some areas might have different restrictions for a short time. We will tell you if your area has different restrictions.



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



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

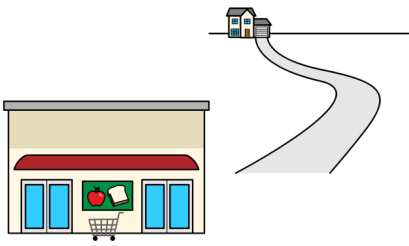
You can leave home for any reason



You can travel any distance and go anywhere in Victoria.



You **cannot** visit or stay with other people.



You can only travel to metropolitan Melbourne

- to shop for important things
for example, food or petrol



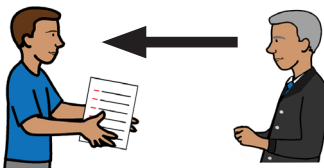
- to care for someone or visit your partner



- for **authorised work** or school.



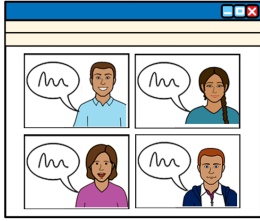
Authorised work means you have a special permit or letter that says you can work away from home.



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



If you work in construction you **cannot** go to metropolitan Melbourne for work.



You **must** work from home if you can.



Kindergartens, childcare and family day care are open.

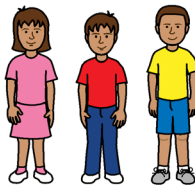


Schools are open for

- children in grade prep to grade 2



- children in year 12



- 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.

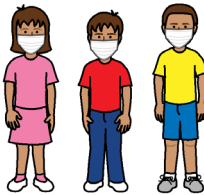


When to wear a face mask

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

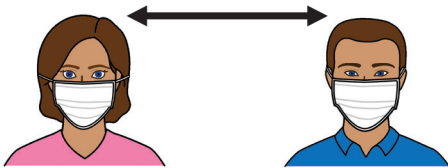
- wear a face mask
- carry a face mask.

For example, if you have a breathing problem.

Restrictions to activities and places



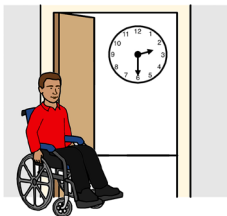
Most shops and businesses are open.



Shops and businesses have limits to how many people can be in a space.



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.



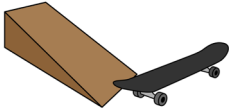
If you do **not** have a phone ask a staff member for help.



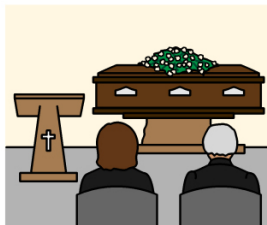
Outdoor parks and recreation places are open.

For example

- playgrounds
- skate parks
- pools.



You can meet with up to 10 people outside.



Funerals and religious services can have up to 20 people.



Weddings can have up to 10 people.



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



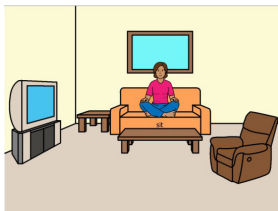
The only time it is ok to visit someone else at home is when you visit

- 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.

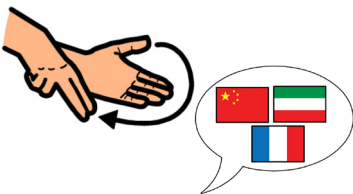


No visitors will be allowed at

- aged care homes



- disability homes.



Visitors who give 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.

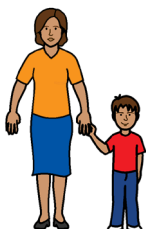


The only visitors allowed in hospitals are

- people visiting someone at the end of their life

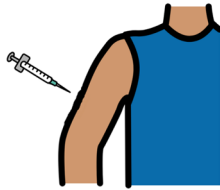


- someone with a partner who is giving birth

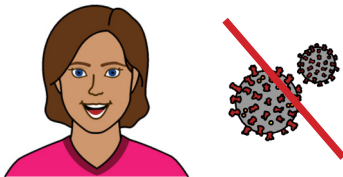


- parents who are taking their child for care.

Important things to remember



Get a coronavirus **vaccination** if you can.

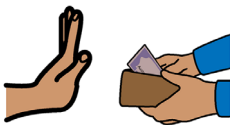


A vaccination is medicine to

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



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



Coronavirus vaccinations are free for everyone.



Go to our website for a list of vaccination centres.

coronavirus.vic.gov.au/vaccine



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

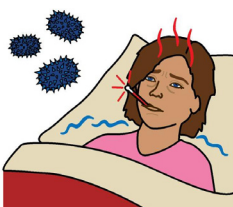
- cough or sore throat



- headache



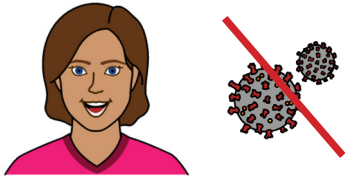
- problems with your breathing



- 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.

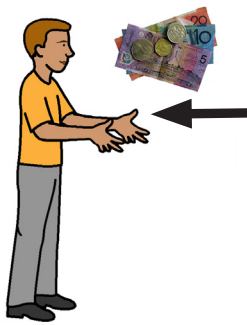


To find out more about how to get tested go to

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

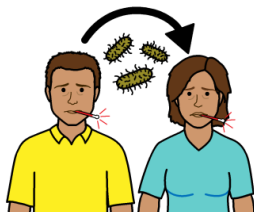
- are waiting for a coronavirus test result at home



- 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



**For more information about places where
coronavirus has been found**

coronavirus.vic.gov.au/exposure-sites



For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

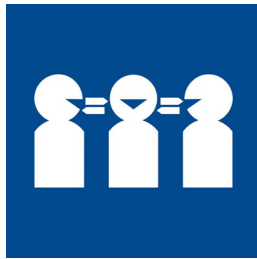
Press 0 if you need an interpreter.



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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