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| Changes to coronavirus (COVID-19) restrictions from 19 July |
| Easy read information for people with disability |





# About this book

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|  | Coronavirus has meant changes to the way we do things.  Coronavirus is also called COVID-19. |
|  | The Victorian Government has made some rules to help slow the spread of coronavirus and keep us safe. |
|  | The number of people getting coronavirus has increased again.  That is why the Victorian Government has changed some of the rules. |
|  | This book will tell you how the rules have changed in some parts of Victoria.  The rules changed from  **19 July 2020.** |
| A map of Metropolitan Melbourne and the Mitchell Shire. | These rules apply to people living in the **greater Melbourne area (all of Melbourne) and Mitchell Shire.** |
| C:\Users\adro0303\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\762A0957.tmp | People living in these areas need to follow the new rules. |

# Which areas are restricted?

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| Row of houses | The rules have changed for people living in the **greater Melbourne area and Mitchell Shire.**  These areas include the Council areas of: | |
|  | * Banyule * Bayside * Boroondara * Brimbank * Cardinia * Casey * Darebin * Frankston * Glen Eira * Greater Dandenong * Hobsons Bay * Hume * Kingston * Knox * Manningham * Maribyrnong | * Maroondah * Melbourne * Melton * Mitchell Shire * Monash * Moonee Valley * Moreland * Mornington Peninsula * Nillumbik * Port Phillip * Stonnington * Whitehorse * Whittlesea * Wyndham * Yarra * Yarra Ranges |

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| What rules have not changed? | |
|  | The Victorian Government has made some rules to keep people safe and healthy.  These rules have not changed. |
| House 2 | These rules tell us to **stay home** if we are not well. |
|  | If you are not well, you should get testedfor coronavirus (COVID-19).  You can go to a test site near your home. For testing information please go to the [Department of Health and Human Services website](https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19) <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>. |

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| Picture of a woman inside her home | You must return home after the test.  You must stay at home until you get your test result. |

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| 1.5 metr | The rules tell us to use **physical distancing.**  **Physical distancing** means you keep space between you and other people.  You need to stay 1.5 metres away from other people.  1.5 metres is two big steps away from someone. |
| Wash Hands 20 Seconds | The rules tell us to wash our hands with soap and water for at least 20 seconds:   * after you cough or sneeze * before and after you eat * after you use the toilet. |
| Tissue for Coughs | The rules tell us to cover our mouth and nose with a tissue when we cough or sneeze.  If we don’t have a tissue, we should cough or sneeze into our elbow. |
| Zoom Meeting | The rules tell us to keep working from home if we can.  This will help stop you and others from getting coronavirus (COVID-19). |

# What rules have changed?

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| House | If you live in the greater Melbourne area and the Mitchell Shire there are only four reasons to leave your home. |

## Shopping for food and basic things

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| Shopping  Two people shopping and putting items in a shopping basket | You can leave your home to shop for food or basic things, like soap and tissues.  You must only leave your home to buy things you really need. |
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## For work or study

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| Person sitting at a computer | You can leave your home to work or study.  You must only leave your home to work or study, if you cannot do this from home. |

## To give or receive care

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| Doctor visit  Person getting blood pressure taken by a doctor | You can leave your home to:   * see a doctor * care for someone else. |

## For exercise

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|  | You can exercise outside with one other person.  You can also exercise outside with the people who live in your house. |
| Do I have to wear a face covering if I go outside my home? | |
| Mask Train | Yes. You **must** wear a face covering when you need to go outside your home. |
|  | From 23 July 2020, you will be fined for not wearing a face covering. |
| C:\Users\adro0303\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\839FCE4D.tmp | The fine will be $200. |
| Inhaler 2 | Some people don’t have to wear a face covering. For example:   * People who have a medical reason like difficulty breathing |
| No1 | * People who have conditions that make it difficult to wear a face covering |
| Mother Child 3 | * Children under 12 years of age |
| BSL Work | * People who are deaf or hard of hearing, because wearing a face covering will make it hard for people to understand them. |
|  | * People who can’t wear a face covering because it would make it hard for them to work. |
| Run | * If you are doing lots of exercise and it’s hard to wear a face covering. For example, if you are running. * But you must carry a face covering with you to wear once your exercise has finished. |
| Face Mask 1 | You must carry your face covering at all times so that you can wear one when you can. |
| Website Link | For more information about reasons for not wearing a face covering and how to wear and remove it, please visit <https://www.dhhs.vic.gov.au/face-coverings-covid-19> <https://www.dhhs.vic.gov.au/face-coverings-covid-19>. |

## Can people visit me in my home?

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| No visitors  Four people. Two people being stopped visiting. | No.   You can only have visitors in your home:   * to provide care and support * to provide a service in your home, such as fixing your washing machine. |
| What about people living in disability accommodation? | |
| Place our house 1 | **Note:** The rules for people living in disability accommodation are a bit different.  For more information please go to the [Department of Health and Human Services website](https://www.dhhs.vic.gov.au/visiting-care-facilities-covid-19) <<https://www.dhhs.vic.gov.au/visiting-care-facilities-covid-19>>. |
| Can I visit other people’s homes? | |
| No 4 | No. You cannot visit other people’s homes except if you are:   * providing care to someone * seeing your partner   providing a service, such as fixing a washing machine. |
| Travel  Two people standing beside a train  X | You should not travel.  You can only leave your home for the 4 reasons on page 6 and 7 of this book. |

# What places are open?

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| Fish chips | Restaurants and cafes can serve takeaway and home delivery only. |
| Coffee take away | Pubs, bars and clubs are closed, except to serve takeaway food or alcohol. |
| Supermarket 14 | Only market stalls that sell food and drinks can open.  People must keep 1.5 metres apart. |
| Hair styling 2 | Beauty and personal care services must close.  Only hairdressers and barbers can stay open. |
| Person watching a video meeting on a computer | Religious ceremonies and worship must happen over the internet. |
| Rings | Weddings are limited to 5 people**.** The couple getting married, the witnesses and the celebrant.  Stay 1.5 metres away from other people. |
| Gravestone | Funerals are limited to 10 people.  Stay 1.5 metres away from other people. |
| Keep fit | Outdoor sport centres must close except for places where you can exercise with:   * one other person, plus a trainer if you have one * people you live with. |
| Place hotel | Places to stay, like hotels, must close except for:   * emergency accommodation * people who need to stay at a hotel for work**.** |

# Can students go back to school?

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| Eureka | Most people are learning from home.  Some people are allowed to go back to school. |
| Student  Person with backpack and carrying a book | People going back to school from 13 July are:   * Year 11 and year 12 students * Year 10 students who are studying year 11 and year 12 subjects * Year 10 students doing vocational studies. This is a different type of study where people learn job skills * Students who go to Special Development Schools * Students with a disability and those whose parents have to go to work. |
| Lesson Help 1 | All other students from Prep to year 10 are learning from home. |
| School Walk 3 | Childcare and kindergartens are still open. |
| College 1 | People should only go to university or TAFE to study, if they cannot do this from home. |
| Rules  Book with the word Rules and a purple tick on the front cover | These changes to the rules will help slow the spread of coronavirus (COVID-19) and keep us safe. |

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| What places are closed? | |
| Leisure Centre  X | Indoor sport and exercise centres must close:   * gyms * training centres * pools |
| C:\Users\adro0303\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D96D18CF.tmp  X | Other places in the community must close:   * galleries and museums * theatres, arcades and casinos * concert venues * playgrounds and shared outdoor gym equipment |

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| Cinema  X | * indoor cinemas * drive-in cinemas | |
| Perth Zoo  X | * parks and zoos * aquariums | |
| Camping Woman  X | Camping facilities must close:   * caravan parks * camping grounds * school camps |

# Where can I find out more information?

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| Person talking into a phone | You can call **1800 675 398** |
| Minicom(textphone) | For people who are Deaf, hard of hearing or speech impaired:   * call TTY on **133 677** then ask for **1800 675 398** |
| Text Message | * SMS relay number **0423 677 767** |
| Telephone Yellow | * National Relay Service helpdesk **1800 555 660**   or go to the [National Relay Service website](http://www.relayservice.gov.au) <www.relayservice.gov.au> |
| Computer with website | You can go to the [Department of Health and Human Services (DHHS) website](https://www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19)  <https://www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19> |

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