

## About changes to restrictions in Victoria

From Monday 9 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.

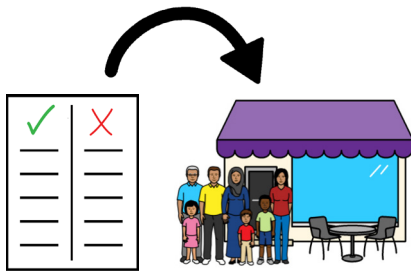




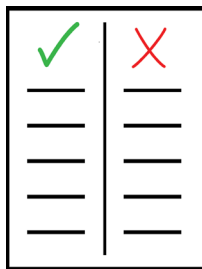
Health  
and Human  
Services

## About this book

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



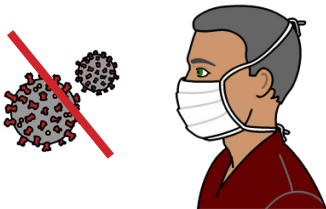
This book is about changes to **restrictions** in all of Victoria from **Monday 9 November 2020**.



Restrictions are rules that mean

- we have to do less of some things

and



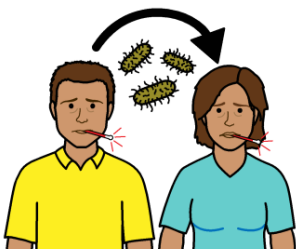
- we help people stay safe from **coronavirus**.



Coronavirus

- can make people very sick

and



- is spread when you are close to someone else.



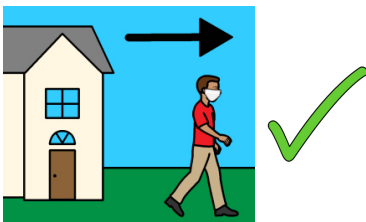
## What has changed?

From **Monday 9 November 2020** some restrictions in Victoria have changed.



Restrictions are the same for everyone in Victoria.

## Reasons to leave your home



You can leave your home for any reason.



There is no limit on how far you can go.



You can travel anywhere in Victoria.



You can book holiday accommodation and go on holiday anywhere in Victoria.

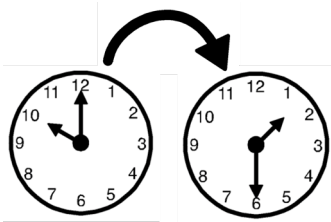
## When you see other people



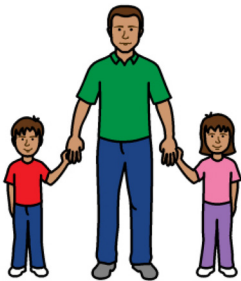
You can have 2 visitors in your house.



The visitors can be from different houses.



The visitors can come at different times.



Children or **dependents** can also visit if there is no one else to look after them.

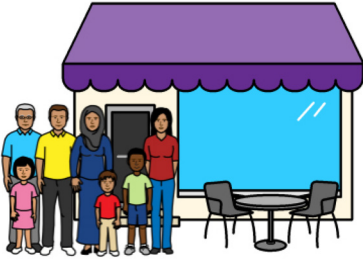


Dependent means a person who needs daily care and support from someone else.



You should wear a face mask when you visit another house.

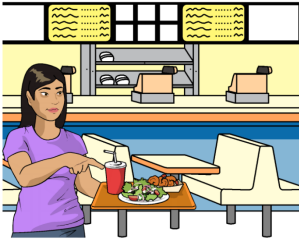
## Shops, restaurants and bars



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



All shops, restaurants and bars must have a plan to keep people safe from coronavirus.

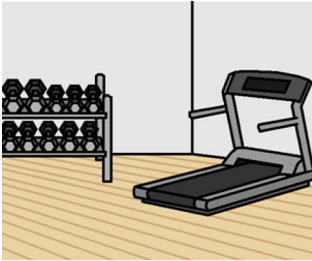


Food courts are open.



Live music is allowed outside.

## Sport and recreation



You can do exercise inside.  
For example, at a gym.

Up to 20 people can be inside a gym.



You should still wear a face mask when you exercise inside unless you are out of breath.



Children 18 years old and under can do **non contact sport** inside.  
For example, dance classes.

Non contact sport means you can stay 2 big steps away from people when you play.



Indoor and outdoor pools are open.

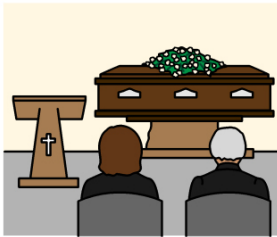
## Ceremonies and religious gatherings



Religious gatherings and funerals can happen

- outside for up to 50 people

or

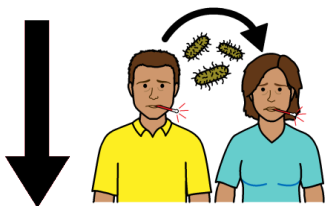


- inside for up to 20 people.



A wedding can have up to 10 guests plus the couple, celebrant and photographer.

## When will restrictions change again?



Restrictions will change again when less people have coronavirus in the community.



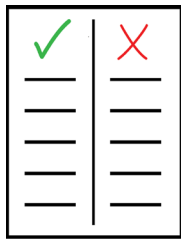
We will tell you when restrictions change.



## What restrictions stay the same?



You **must** wear a face mask that covers your nose and mouth when you go outside your home.



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

The reasons are in the rules about face masks.

## When you see other people



You can meet up to 10 people outside at a public place. For example, a park or the beach.



You **cannot** meet a group of up to 10 people outside at home. For example, in your backyard.



The limit of 10 people does **not** include babies under 12 months.



## Work

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

## Sport and recreation



All outdoor sport is allowed for children under 18 years old. For example, soccer.



Outdoor non contact sport is allowed for everyone. For example, cricket.



Check with your local sport and recreation group to find out if you can play.

## Important things to remember



You **must** wear a face mask when you leave home.



You must **not** share your face mask with another person.



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 to look out for are

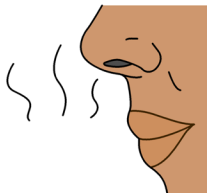
- cough

- sore throat



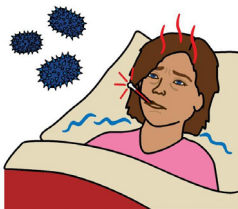
- shortness of breath

- runny nose

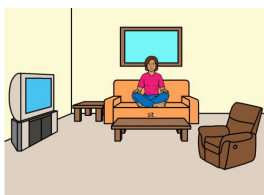


- loss of or change in sense of smell or taste

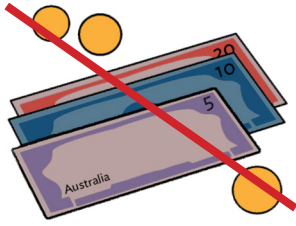
- fever



- chills or sweats.

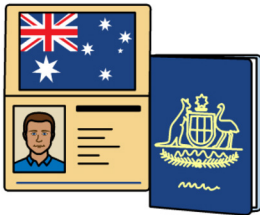


You **must** stay at home until you are **not** sick anymore.



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.

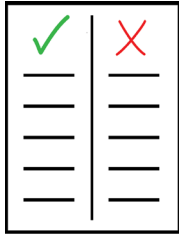


Permanent resident means you have a certificate that says you can live in Australia.



To find out more about how to get tested go to

[dhhs.vic.gov.au/getting-tested](https://dhhs.vic.gov.au/getting-tested)



If you live in aged care or a disability residential service there are still rules about

- how many people can visit you



- how long someone can visit with you.



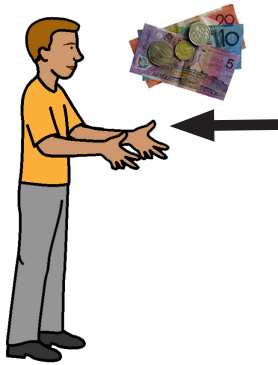
For more information about who can visit a care home go to our website.

[dhhs.vic.gov.au/visiting-care-facilities-covid-19#current-restrictions](https://dhhs.vic.gov.au/visiting-care-facilities-covid-19#current-restrictions)

## What happens if you do not follow the rules



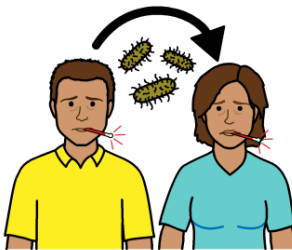
You can be fined a lot of money by the police if you do **not** follow the rules.



## Help to stay at home

The government can pay you 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

## 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-reopening-roadmap-regional-victoria](https://coronavirus.vic.gov.au/coronavirus-covid-19-reopening-roadmap-regional-victoria)



### For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

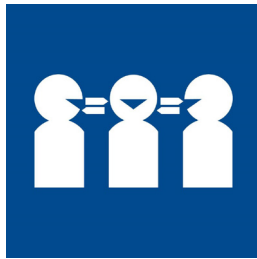
Press 0 if you need an interpreter.



### 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](https://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](https://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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Scope's Communication and Inclusion Resource Centre wrote the Easy English in November 2020 [www.scopeaust.org.au](http://www.scopeaust.org.au).

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

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