Department of Health and Human Services

About changes to restrictions in Victoria from Monday 9 November 2020

Easy English 2020
This is the text-only version of the Easy English document.

This book has some hard words.

Hard words will be marked with a star on both sides of the word.

We will write what the hard word means.

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 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](http://www.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](http://www.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](http://www.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

**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.

Acknowledgements

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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).
To see the original contact the Department of Health and
Human Services.