

# Directions under the *Public Health Act*

What you must do under new coronavirus rules  
from 24 July 2020

Easy Read version



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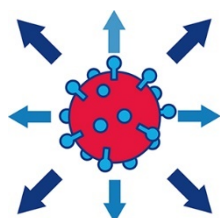
## What is coronavirus?



Coronavirus (COVID-19) is a **virus** that has affected many people around the world.



A virus is an illness or disease that can spread easily from one person to another person.



Coronavirus is spreading quickly.

Coronavirus is a **pandemic**.



A virus becomes a pandemic when it spreads quickly to lots of countries around the world.

## What are the Directions?

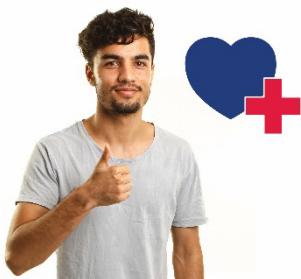


The Minister for Health has made some **Directions** to protect public health.



The Directions are rules for everyone to follow.

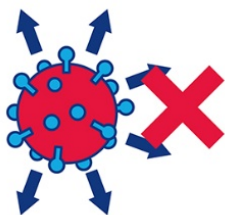
The rules talk about what you should do so we can:



- look after our health



- protect the community



- stop the spread of coronavirus.

The rules change:



- how many people you can meet with in a public place



- how many visitors you can have in your home



- what services and businesses can be open



- what services and businesses must be closed



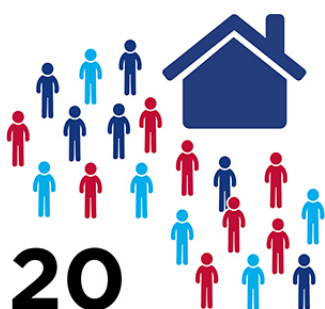
- where you can and can't travel.

## Things you can do



You can:

- have visitors in your home
- visit someone else's home.



But there can only be 20 visitors in anyone's home at 1 time.



The 20-visitor rule includes:

- children
- adults.



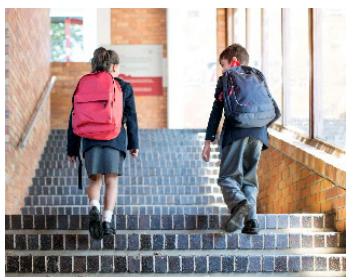
The 20-visitor rule does not include:

- carers or people who live with you
- support workers.

You can do things such as:



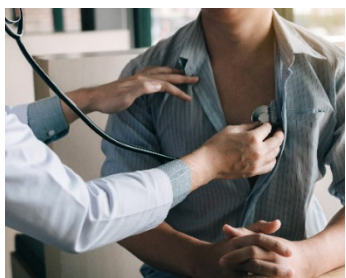
- go to work



- go to school



- go to the shops



- go to the doctor and regular appointments you have



- get medical supplies



- get the care you need



- care for other people



- exercise and play sport



- use outdoor exercise equipment



- use outdoor play equipment.



You can still use services you need such as:



- social or community services
- disability services
- employment services
- services for victims, including victims of crime
- domestic violence services
- mental health services.



You can go to:

- pools
- gyms and fitness studios
- dance studios
- community centres
- nail and beauty salons
- tattoo parlours
- massage parlours.

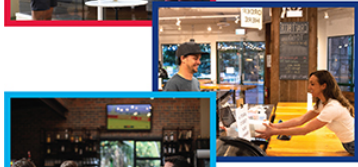


You can visit:

- cinemas
- theatres and concert halls
- zoos and reptile parks
- aquariums
- national parks
- museums
- libraries
- art galleries.



You can visit places that serve food such as:



- cafes
- restaurants
- pubs
- clubs
- food courts.



But there is a limit of 10 people for any:

- groups
- bookings.



You can go to a:

- wedding
- business event.



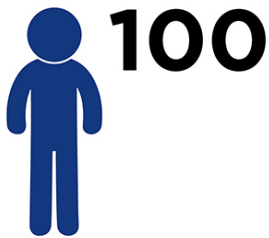
**150**

But there can only be 150 people.

You can go to a:



- funeral
- memorial service
- place of worship
- religious service.



But there can only be 100 people.



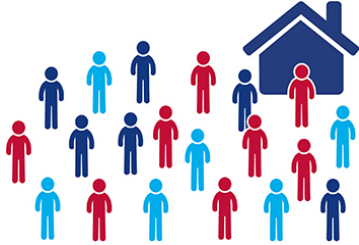
You can travel in NSW.



You can travel between your homes if you live in more than 1 place.



You can go on a holiday in NSW.



If you go on a holiday, you can stay in the same place in a group of up to 20 people.



You can stay in the same place in a group of more than 20 people if they are people you live with at home.

## Things you can't do



There are some things you can't do right now because of COVID-19.

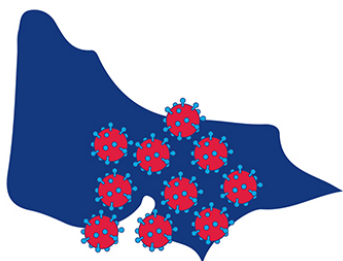


You can't go to a:

- night club
- music festival.



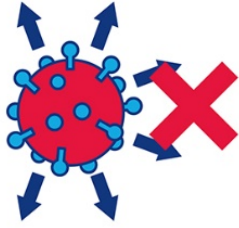
You should not travel to Victoria.



This is because Victoria has a lot of COVID-19 cases.



The border between NSW and Victoria closed.



We have done this to stop the spread of COVID-19.



Some people might still need to cross the border into NSW.



If you want to cross the border into NSW, you must have a permit.



A permit shows that you have a good reason to come into NSW.

You don't need a permit to come into NSW if:



- you might be hurt by someone or something



- it's an emergency and you need to:
  - see a doctor
  - go to a hospital.



We wrote an Easy Read guide about permits. You can find it online.



[www.nsw.gov.au/sites/default/files/2020-07/covid-19-nsw-border-entry-permit-easy-read\\_0.pdf](http://www.nsw.gov.au/sites/default/files/2020-07/covid-19-nsw-border-entry-permit-easy-read_0.pdf)





You can also visit our website to find out more.



[www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/border-restrictions](http://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/border-restrictions)

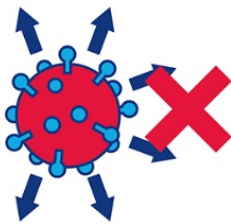


If you cross the border, you might have to **self-isolate** for 14 days.



Self-isolation means you don't:

- leave your home
- see other people.



Self-isolation helps stop the spread of COVID-19.



We wrote an Easy Read guide about how to self-isolate.

## Things you must do

You must keep doing things you need to do for a legal reason, such as:



- visiting a police station as part of bail or parole conditions



- helping a parent see children who don't live with them under:
  - a Family Court order
  - another care order.

## How to protect your health



**Physical distancing** is when you stay at least 1.5 metres away from other people.



You should stay at least 1.5 metres away from other people who visit your home.



Physical distancing can be hard for people with disability.



It can be hard to stay 1.5 metres away from:

- carers and family members
- support workers.



If you leave your home, you should stay at least 1.5 metres away from other people.



You don't need to wear a mask if you leave your home.



You only need to wear a mask if your doctor has told you to.



You should wash your hands:

- with soap and water
- for at least 20 seconds.



Use hand sanitiser if you can't wash your hands.



Always wash your hands:

- when you come home
- before you eat.

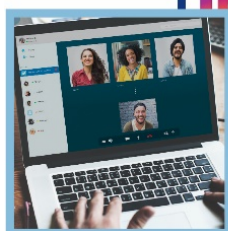


You should also keep in touch with your:

- carers and family members
- friends.



You can meet other people in person but you should try to stay 1.5 metres apart.



You can also keep in touch:

- by phone
- through social media
- with video calls.



If you are not safe in your home, you can get family and domestic violence support.



Family and domestic violence is when you are hurt by someone close to you, such as:

- your boyfriend or girlfriend
- your husband or wife
- a member of your family
- someone who takes care of you.



You can call our Domestic Violence Helpline anytime.



**1800 65 64 63**

## If you feel sick

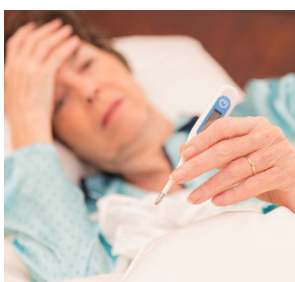


A **symptom** is a sign that you might be sick.

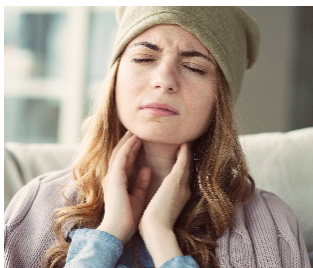
You might:

- see symptoms
- feel symptoms.

The symptoms of coronavirus are:



- fever



- scratchy or sore throat



- cough



- runny nose



- feeling short of breath.



- loss of your sense of taste



- loss of your sense of smell.



If you have any of these symptoms,  
you should get medical help.



## Get help and more information



You can call the National Coronavirus Helpline.



1800 020 080



It is open 24 hours a day.



You can call the Disability Information Helpline.



1800 643 787



Monday to Friday

8 am to 8 pm (AEST)



Saturday and Sunday

9 am to 7 pm (AEST)



You can't call the National Disability Helpline on public holidays.



You can contact your own doctor.



You can call Healthdirect.

Healthdirect is a 24-hour helpline.



1800 022 222



You can visit the emergency department at a hospital near where you live.



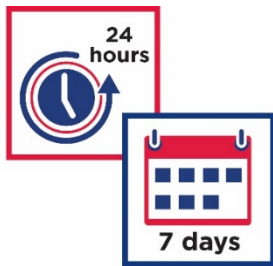
You can call 000 if you have a medical emergency.



You can call us to get more information.



**13 77 88** (Service NSW)



You can call us:

- 24 hours a day
- 7 days a week.



[www.nsw.gov.au](http://www.nsw.gov.au)

## Word List



### Border community residents

Some people live in communities that are close to the border.

We call these people border community residents.



### Directions

The Directions are rules for everyone to follow so we can:

- look after our health
- protect the community
- stop the spread of coronavirus.



### Pandemic

A virus becomes a pandemic when it spreads quickly to lots of countries around the world.



### Physical distancing

Physical distancing is when you stay at least 1.5 metres away from other people.

## Self-isolate



Self-isolation means you don't:

- leave your home
- see other people.

Self-isolation helps stop the spread of COVID-19.



## Symptom

A symptom is a sign that you might be sick.

You might:

- see symptoms
- feel symptoms.



## Virus

A virus is an illness or disease that can spread easily from one person to another person.



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