



# Summary of changes to restrictions

Summary of changes to restrictions – coronavirus (COVID-19) – English

## What you must remember

- You must wear a face covering when you leave home.
- If you have any symptoms of coronavirus (COVID-19), however mild, you must get tested.
- If you feel sick, stay home.
- Keep a safe physical distance of at least 1.5 metres from other people.
- Wash your hands, and cough or sneeze into a tissue or your elbow.
- Stage 4 restrictions are in place for metropolitan Melbourne, including a curfew from 8pm to 5am.
- Stage 3 restrictions are in place for regional Victoria, including Mitchell Shire.
- The Chief Health Officer can change the restrictions if the situation changes.

## Face coverings

Every Victorian 12 years and older must wear a face covering when leaving home, unless they have a legal reason not to. For example:

- if you have a medical condition such as a serious skin condition on your face, or a breathing problem
- if you are in the car, either alone or with someone from your household
- if you are doing strenuous exercise, but you must still carry a face covering.

## Current restrictions: Stage 4 – metropolitan Melbourne

Stage 4 restrictions are in place for metropolitan Melbourne.

These changes are being introduced to reduce the number of people leaving their homes and moving around Victoria.

A curfew is in place in metropolitan Melbourne from 8pm to 5am every night. This means you cannot leave your house between 8pm and 5am. People are only allowed to leave their house from 8pm to 5am for permitted work and essential health, care or safety reasons.

You cannot have visitors to your home or visit others at any time, except for care and compassionate reasons.

During the day, from 5am to 8pm, there are four reasons that you can leave home:

### 1. Shopping for food or other essential items

- You can only travel up to 5km from your home. If the nearest shops are more than 5km away, you may travel to the nearest shop. For some people, the nearest stores where they can get food and other goods and services that are right for their culture will be more than 5km away. In this situation you may travel beyond 5km to the nearest provider.

- Only one person can leave home to shop for food or other necessary items, once a day. You can take a child or children if someone else in your household cannot look after them.

## 2. Exercise

- You must limit your exercise to once a day and for only one hour. You must not travel more than 5km to exercise. You should not drive to a place to exercise – unless you have mobility problems, or for safety reasons.
- You should only exercise alone or with one other person – whether you live with them or not. If you are a parent or guardian caring for a young child, children or someone who cannot be left unattended, then they may go with you when you leave home to exercise.

## 3. To provide care, for compassionate reasons or to seek medical treatment

- You can leave home to receive health care or attend medical appointments.
- You can leave home to care for a sick or elderly relative or another person.
- You can leave home to accompany someone for essential medical treatment.
- You can take a pet to the vet.

## 4. Work or education

- If you can work from home, you must continue to work from home. In metropolitan Melbourne many businesses will need to close. Only permitted shops and services will continue to operate.
- Study at TAFE and university must be done remotely.

### Other reasons you can leave home:

- If there is an emergency.
- To visit your partner, but you must only travel to or from their home between 5am and 8pm.
- If you have shared parenting arrangements.
- If there is family violence, or violence by another person, and you are at risk. If you are stopped by police, tell them you are feeling unsafe at home and they will help you. Call safe steps on 1800 015 188 or email [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au) for help 24 hours a day, 7 days a week.

If you do need to leave home, you must wear a face covering unless there is a lawful reason not to. Always wash your hands with soap and water before you leave and when you return home, and when putting on and taking off your face covering. Keep at least 1.5 metres physical distance between yourself and others.

If you believe you may have coronavirus (COVID-19), you can leave home to get tested but you must go straight home afterwards and self-isolate until you get a negative result.

If we all follow the rules, we can protect our family, friends, and the community.

## Advice for all Victorians

To help keep ourselves and our communities safe, we must all be responsible. That includes:

- If you feel sick, stay home. Don't visit family or go to work.
- If you have symptoms of coronavirus, however mild, [you must get tested](#).
- If you can work from home, you must work from home.
- If you do see people outside your household, you must keep your distance – no handshakes and no hugs. This will help to protect the people you love.
- Wash your hands with soap and water, cough and sneeze into a tissue or your elbow, and maintain a safe distance of at least 1.5 metres from other people.

- You must wear a face covering when leaving home unless there is a lawful reason not to.

The Chief Health Officer can change the restrictions if the situation changes.

## Support is available

A one-off \$1,500 payment is available to support eligible Victorian workers who have been diagnosed with coronavirus (COVID-19) or are a close contact of a confirmed case. The Victorian Government has extended this scheme to ensure that as soon as an eligible person is tested for coronavirus, they can receive a \$450 support payment to help them stay at home until they get their test result. For more information call the coronavirus helpline at 1800 675 398 (24 hours a day). If you need an interpreter, first call TIS National on 131 450.

If you or someone you know is feeling anxious and concerned, support is available – call Lifeline on 13 11 14 or Beyond Blue on 1800 512 348. If you need an interpreter, first call TIS National on 131 450.

If you are feeling isolated as a result of coronavirus (COVID-19) you can also call the coronavirus (COVID-19) hotline (1800 675 398) and press 3. You will be connected to a volunteer from the Australian Red Cross who can link you with local supports.

If you are concerned, call the coronavirus hotline 1800 675 398 (24 Hours).

If you need an interpreter, call TIS National on 131 450.

Please keep Triple Zero (000) for emergencies only.

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or [email Emergency Management Communications](mailto:Emergency.Management.Communications@dhhs.vic.gov.au) <emergency.management.communications@dhhs.vic.gov.au>.

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Available at [DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19) <https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

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