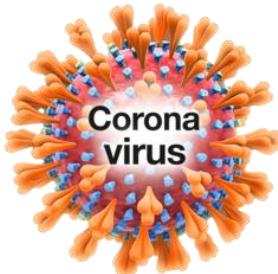


# Coronavirus (Covid-19) August 2020

## Regional Victoria Stage 3 Restrictions



Coronavirus (COVID-19) is a virus like the flu or a very bad cold.



Lots of people all over the world are getting coronavirus.



It can make people very sick and some people who get coronavirus might die.



You can get coronavirus:

- from someone who has got it
- if you touch something they have touched.



# Coronavirus can make you very sick



You might have a:

- high temperature
- sore throat
- dry cough



It might be hard to breathe.



If you feel sick:

- tell someone you trust
- ask them to help you call a doctor.

The doctor will tell you what to do.

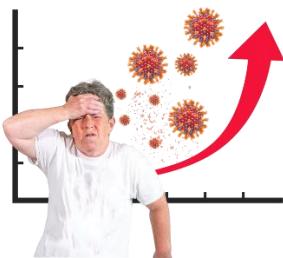


You can also ring the **Coronavirus Hotline** on **1800 675 398** if you think you might have coronavirus.



If it's hard to breathe or you feel very sick call **000** and ask for an **ambulance**.

# Coronavirus in Victoria



Lots of people who live in Victoria are getting the Coronavirus.



The Victorian Government has made some changes to the rules to keep people safe.



If you live in Regional Victoria these rules will start at 11.59pm on the 5<sup>th</sup> August and go for 6 weeks.



If you live in Regional Victoria you cannot go to Metropolitan Melbourne.



If you do not follow the rules you might get a fine.



If you live in Regional Victoria you must wear a mask over your mouth and nose every time you leave your house.

# The Victorian Government says...



**Stay home.**

You can only go out to:



- get food



- exercise



- see the doctor



- get medicine

**Keep away from other people.**



Only 2 people can be together.

But if more than 2 people live in the same house, it's OK.

# How you can stay safe...



## Wash your hands

Use **soap** and **hot water** and wash your hands for **20 seconds**



Stay 1.5 metres away from other people. This is called **social distancing**.



## When you cough or sneeze

- Use a tissue and put it in the bin
- Use your arm if you don't have a tissue



## Try not to touch your face.

Coronavirus can get into your body if you touch your mouth, nose and eyes.

# It's important to...



## Keep talking to people

You can use a

- telephone
- computer
- iPad



Talk to someone you trust, your family and friends

This can help if you are feeling alone



## Stay Healthy

- exercise
- eat healthy food
- keep moving and doing things at home
- learn something new.

