Coronavirus (Covid-19) September 2020 Metropolitan Melbourne Roadmap - Step 2

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

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.

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 Metropolitan Melbourne

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

If you live in Metropolitan Melbourne these rules will start on the 28th September.

5 kilometres

You can only go 5km from your house.

You can only exercise outside your house with 4 other people for two hours a day.

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

The Victorian Government says...

Stay home
unless you need to:
- get food
- exercise
- see the doctor
- get medicine

Gatherings.
5 people from 2 houses can get together outside in public places, like a park.

⑤

Everyone must wear a mask.
You must wear a mask over your nose and mouth when you leave your house.

Developed by VALID (03) 9416 4003   **VALiD**

How you can stay safe...

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

Keep your distance
Stay 1.5 metres away from other people

If you cough or sneeze
Use a tissue and put it in the bin straight away

It's important to...

Stay connected – talk to someone you trust, chat with family and friends on the telephone or social media.

Stay Healthy - exercise, eat healthy food, keep moving and doing things in your home, learn something new.

Be kind – stay calm and look out for one another.