

Coronavirus (Covid-19) September 2020

Metropolitan Melbourne Stage 4 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.

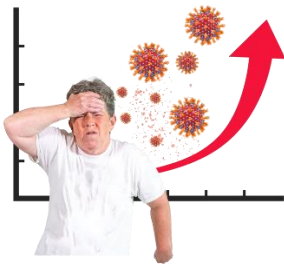


You can also ring the **Coronavirus Hotline** on **1800 675 398** if you think you might have coronavirus.



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 Metropolitan Melbourne are getting the Coronavirus.



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 14th September



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



If you live in 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.

One person from a house can leave home to buy food once a day. You can only go 5km from your home.



- exercise.

You can only go out to exercise for 2 hours a day. This can be once for 2 hours or 1 hour twice a day.

You can only go 5km from your home.



- see the doctor

- get medicine.

You can only go 5km from your home.





You must stay home from 9pm until 5am every night.



You can only leave your house between 9pm and 5am:



- if there is an emergency



- to go to work



- to keep safe



- if you are sick or hurt and need to go to the doctor or the hospital.



Keep away from other people.

Only 2 people can be together outside your home.

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.