

Coronavirus (Covid-19) September 2020

Regional Victoria Roadmap - Step 3



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 Regional Victoria



Not many people are getting coronavirus in regional Victoria.



The Victorian Government has made some changes to the rules.

This means people can do more things.



If you live in Regional Victoria these rules will start on the 17th September.



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

The Government says...



The Victorian Government has made rules to keep people safe and to **stop** them from getting coronavirus.

Stay safe:



- Keep 1.5 meters away from people you don't live with, like when waiting in line or walking through busy areas.



- Don't shake hands, hug or kiss people you don't live with.



- If you feel sick, stay home



- If you think you might have Coronavirus, get tested



Rules for your home:

You can now leave your home at any time.

You do not need a reason to leave home.



5 people from another house can visit you at your home.



Rules for groups of people:

There can be 10 people:

- in a group outside
- in a public place



This means you and 9 other people.



Try to meet outside to keep your friends and family safe.

Other rules that have changed:



You can go with 9 other people to a café or restaurant.

10 people can sit inside.

50 people can sit outside.



You can do outdoor group sports and exercise if you can keep 1.5 metres away from other people



Public playgrounds, outdoor gyms, skateparks and outdoor swimming pools are open.



You can go to beauty shops like tanning, waxing, tattoo, nail shops and spas.



Retail shops, like shoe or clothes shops are open.



10 people can be at a faith group
(like church) but it must be outside



10 people can be at a wedding



20 people can be at a funeral.

20



**You might be asked for your name and
number when you visit these places to
keep you and other people safe.**



You can go on holiday in regional Victoria.
You can go on holiday with people you live with
or 5 people from another house.

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.