

Coronavirus (Covid-19) October 2020

Metropolitan Melbourne Roadmap - Step 2



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



Not as many people are getting coronavirus in Metropolitan Melbourne.



The Victorian Government has made some changes to the rules to keep people safe. This means people can do more things.



If you live in Metropolitan Melbourne these rules will start on the 19th October



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

The Government says...

Stay safe:



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



- 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

The Victorian Government says...



Rules for your home:

You can now leave your home at any time to:



- get food.

You can go shopping with people you live with. You can only go 25km from your home.



- exercise.

You can exercise outside with 9 other people from 2 houses.

You can only go 25km from your home or work.



- see the doctor



- get medicine.



Rules for groups of people:

There can be 10 people from 2 houses:



- in a group outside
- in a public place



This means you and 9 other people.

Other rules that have changed:



Public playgrounds, golf courses, tennis courts, skateparks and outdoor swimming pools are open.



Indoor swimming pools are open for 1:1 hydrotherapy.



Hairdressers are open.



You can also leave home:



- 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.



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

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.

