



# VACCA

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VICTORIAN ABORIGINAL  
CHILD CARE AGENCY

## **Metropolitan Melbourne - The First Step**

**The First Step of eased restrictions will begin at 11:59pm on Sunday 13 September 2020.**

- Masks and face coverings will continue to be compulsory when you leave home.
- There will still be only four reasons to leave home (school or work, care or caregiving, to purchase essentials and exercise)
- Residents are not permitted to go more than 5 kms from their primary place of residence. No one is to leave their local area.
- A curfew across metropolitan Melbourne is in place from 9pm to 5am every night. The only reason to be out during this time is to get care, give care, travel to and from work or be at work.
- 2 hours of exercise per day is permitted, over two sessions, no further than 5 kms from your home.
- Only one person per household can go to the shops for essential items.
- Visitors to the home: only 1 nominated visitor if you are living alone/single parent
- Essential businesses will be kept open.
- Childcare and schools continue remote and flexible learning with on-site supervision for children of permitted workers and vulnerable children who cannot learn from home.
- Fines will be issued by Police if these restrictions and conditions are breached.

# COVID-19 RESTRICTIONS

From 11:59pm on 13 September 2020, some restrictions will begin to ease across Victoria.

## **Regional Victoria, including Mitchell Shire - The Second Step**

**The Second Step of eased restrictions will begin at 11:59pm on Sunday 13 September 2020**

Masks and face coverings will continue to be compulsory when you leave home.

There will still be only four reasons to leave home (school or work, care or caregiving, to purchase essentials and exercise), however:

- childcare will be open to all children
- schools will begin a staged return to onsite learning from Term 4
- up to 5 people from a maximum of 2 households can meet outdoors for social interaction
- Visitors to the home: only 1 nominated visitor if you are living alone/single parent
- Outdoor exercise and recreation allowed.

Fines will be issued by Police if these restrictions and conditions are breached.

Wearing a mask can protect you and others around you to prevent the spread of COVID-19. Whether you use fabric or disposable face masks, the following steps will help you to use face masks safely.



WASH YOUR HANDS BEFORE AND AFTER YOU TOUCH YOUR MASK



NEVER USE A DAMAGED OR DIRTY MASK



MAKE SURE YOUR MASK DOES NOT HAVE HOLES OR A VALVE



MAKE SURE YOUR MASK COVERS YOUR MOUTH, NOSE AND CHIN AND THAT THERE'S NO GAPS ON THE SIDES



DO NOT TOUCH YOUR FACE OR MASK WHILE YOU ARE WEARING IT



CHANGE YOUR MASK IF GETS DIRTY OR WET WHILE YOU'RE WEARING IT



REMOVE YOUR MASK BY UNHOOKING THE EAR STRAPS AND PULLING IT AWAY FROM YOUR FACE



WASH REUSABLE FABRIC MASKS IN HOT, SOAPY WATER AFTER EACH USE



STORE REUSABLE FABRIC MASKS IN RESEALABLE BAGS WHEN YOU'RE NOT USING THEM



PUT YOUR DISPOSABLE MASK STRAIGHT IN THE BIN AFTER YOU TAKE IT OFF

Last updated 07/09/2020

Social distancing in public means you must practise the following measures:

- keep 1.5 metres away from others wherever possible
- avoid all physical greetings such as handshaking, hugs and kisses
- use 'tap and go' instead of cash where possible
- avoid crowds – if you see a crowded space do not enter
- practise good hygiene



MAINTAIN PHYSICAL DISTANCE

## If you feel sick

Get tested. If you have symptoms of Coronavirus, such as breathing difficulties, sore throat, cough, and fever - go for a free test.

- To find out where you can get tested, call your local ACCO or the COVID-19 hotline: **1800 675 398**
- Keep up to date with the latest COVID-19 information
- You and your family must **STAY HOME** until the results of your test is known.
- If you are worried you will lose pay while you wait for your results you may be eligible for a \$450 Coronavirus (COVID-19) Test Isolation Payment. For more information, visit [dhhs.vic.gov](http://dhhs.vic.gov)

We're a high-risk group so it's important that if we have coronavirus symptoms — **we get tested early.**

## Stay up to date

Department of Health and Human Services  
[dhhs.vic.gov.au/coronavirus](http://dhhs.vic.gov.au/coronavirus) hotline 1800 675 398

**VACCHO** [vaccho.org.au/coronavirus/](http://vaccho.org.au/coronavirus/)

**VACCA** [vacca.org/page/covid-19-support](http://vacca.org/page/covid-19-support)

**VAHS** Yarning SafeNStrong helpline 1800 95 95 63

