

# Breaking News (03/08/2020)

## **\*\*Metropolitan Melbourne – Stage 4 restrictions\*\***

Victoria has entered a State of Disaster from 6pm on 2 August until Sunday 13 September. This will give police additional powers to make sure people are complying with public health directions.

From 6pm on Sunday 2 August, restrictions are changing for metropolitan Melbourne. Metropolitan Melbourne is moving to Stage 4 Restrictions. The definition of metropolitan Melbourne is based on the Planning and Environment Act 1987 which sets out the local government areas that form metropolitan Melbourne, and will not include Mitchell Shire for the purposes of the Stage 4 curfew or travel restrictions.

These changes are being introduced to reduce the number of people leaving their homes and moving around Victoria.

From 2 August, a curfew will be in place in metropolitan Melbourne. Curfews will be in operation from 8pm to 5am every evening, with people only allowed to leave their house for work, and essential health, care or safety reasons.

From 5am – 8pm, you can only leave your home for one of the following four reasons:

### **Necessary goods and services:**

To shop for necessary goods and services.

You can only travel up to 5km from your home. You should stay as close to your home as possible, for example shopping at the nearest supermarket. For some people the nearest goods and services will be more than 5km away. In this situation you may travel beyond 5km to the nearest provider.

Only one person per household can leave home to get necessary goods and services and only once a day (this means you can't do multiple shopping trips in a day). You should limit the time you spend away from home. If you are unable to leave home because it would mean leaving a young child or at-risk person at home unattended then they may accompany you.

### **Exercise:**

You can leave home to exercise but there are limits:

You must not travel more than 5km from where you live to exercise.

You can exercise with one other person you live with or a friend or family member, as long as neither of you travel more than 5km from your home. Please use common sense and limit the number of people you see in person right now. It is safer to connect with friends and family using phone calls, social media and video calls. If you are exercising with someone else, you should keep 1.5 metres distance between you. Don't hug, kiss or shake hands.

You must limit your exercise to once a day and for only one hour.

If you are a parent or guardian who is caring for a young child or someone who cannot be left unattended then they may accompany you.

Care and health care:

You can leave home to receive health care or attend medical appointments. If you need to see a doctor or health care professional, you should do so. Do not put off getting medical care. Your doctor or health care professional can provide advice on how to stay safe.

You can leave home to care for a sick or elderly relative. If you are providing care for someone you should try to keep 1.5 metres between you when you can. Wear a face covering.

You can leave home to accompany someone for essential medical treatment if you are a parent, guardian or necessary support person.

You can take a pet to the vet.

## **Work:**

If you can work from home, you must continue to work from home. Further announcements regarding workplaces will be made in the coming days.

Study at TAFE and university must be done remotely.

## **Personal:**

You can still visit an intimate partner.

Shared parenting arrangements, both formal and informal, can continue for children.

You can leave home if there is an emergency.

You can leave home if there is family violence, or violence by another person in the home, and you are at risk. If you are stopped by police, tell them you are feeling unsafe at home and they will help you. Safe accommodation and support for family violence is available. Call safe steps on 1800 015 188 or email [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au) for help 24 hours a day, 7 days a week.

If you do need to leave home, you should wash your hands before you leave and when you return home. Keep at least 1.5 metres between yourself and others. Always wear a face covering, unless you have a lawful exception.

Never, ever go out if you are unwell, unless it is to get tested and then you must go straight home.

If we all do this, we can protect our loved ones, friends, colleagues, health care workers and the community.

## **Regional Victoria – Stage 3 restrictions**

From 11:59pm on Wednesday 5 August, Stage 3 Stay at Home restrictions apply in Victoria, except if you live in metropolitan Melbourne where Stage 4 restrictions apply. The definition of metropolitan Melbourne is based on the Planning and Environment Act 1987 which sets out the local government areas that form metropolitan Melbourne.

If you live in regional Victoria, including Mitchell Shire, there are only four reasons that you can leave home:

1. to shop for food and essential goods or services
2. to provide care, for compassionate reasons or to seek medical treatment
3. to exercise or for outdoor recreation with your household, or one other person
4. for work or study, if you can't do it from home

You may no longer have visitors to your home or visit other people in their homes.

We all need to play our part to help slow the spread of coronavirus (COVID-19). By staying at home and limiting contact with other people, we can help protect ourselves, our families and our communities from coronavirus (COVID-19).

**\*\*Remember to wear face masks or face coverings when you leave home, clean your hands thoroughly with water and soap or alcohol based hand rub before and after every contact with the mask!**

**\*\*Stay safe by washing your hands regularly, coughing and sneezing into your elbow, keeping at least 1.5 metres from others and staying home if you feel unwell.**

**If you have symptoms of coronavirus (COVID-19) [get tested](#)\*\***

Source:

<https://www.dhhs.vic.gov.au/updated-restrictions-announcement-2-august-covid-19>

<https://www.dhhs.vic.gov.au/face-masks-covid-19#where-can-i-get-a-face-mask>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>