



New rules. No groups

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Rules to use all the time

Keep space between us. Read the posters.

Sneeze into a tissue. Put the dirty tissue in the bin.

Cough into your elbow.

Read the fact sheet **Look after your self**

Wash your hands.

Read the fact sheet **How to wash your hands**

Put up a poster where you wash your hands.

New rules in Australia. After 30 March 2020

There are **more** new rules in Australia. It is to slow down COVID-19.

These rules are as well as the rules in

- What is shut? Australia. Step 1;
- What is shut? Australia. Step 2;
- Information for schools;
- Nursing home rules.

You must stay at home

Only the people who live in your house come in your house. Like

- Your family;
- Housemates.

Do **not** do things with other people at home. Like

- Do **not** have a BBQ with all your family;
- Do **not** have a birthday party;
- Do **not** have a house party.

Only go out to

- Buy food;
- To pick up take away;
or
- Go to the doctor;
or
- Go to work. But only when you can **not** work from home;
- Go to school.

You can go for a walk or run. It must be

- In your local area;
- By yourself;
or
- With only 1 more person.

Do **not** go to the shops every day.

No groups of people

There must be **no** groups of people together. You go to the shops.

You can be with all your family. **But**, keep a space between you

or

You can be with **only** 1 other person to

- Buy food;
- Go to the doctor;
- Go for a walk or run.

COVID19 may be very dangerous for some people

The government says these people must try to stay at home. There will be more help to get the things they need. Like someone to

- Pick up your medicine;
- Pick up your shopping.

Read the fact sheet **More help**.

For people over 70 years old try to stay home

- Most of the time;
- Ask for help to get things at the shop.

For people over 60 years old **and** you also have an illness. Like

- Cancer;
- Asthma.

Then

- Try to stay home most of the time;
- Ask for help to get things at the shop.

For Aboriginal and Torres Strait Islander people over 50 years old

- Try to stay home most of the time;
- Ask for help to get things at the shop.

All these places are closed too.

Outdoor childrens playgrounds.

Skate parks.

Outside gyms.

Boot camps. It must be only you and the trainer now. This is like personal training.

Weddings stay the same

Only the 2 people

and

The person who marries them and 2 people to witness. **No** party after the wedding.

Funerals stay the same

It must be less than 10 people. Remember to have space for everyone.

Do **not** meet in a group after the funeral.

There will be **more** new rules. Each state may also have more rules.

Read fact sheets for your state.

More information

COVID-19 information from the government. www.health.gov.au

Call 1800 020 080. You can call at

- Any time;
- Any day.

Translations. Call 131 450.

This fact sheet is based on The Prime Ministers statement 29 March 2020 evening.

<https://www.pm.gov.au/media/press-conference-australian-parliament-house-act-13>