

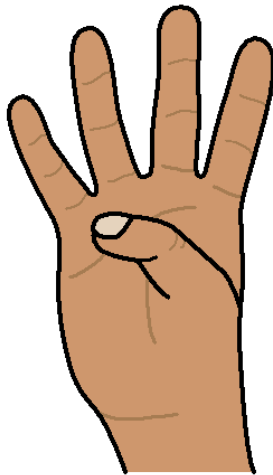
Shut down in Victoria



This is for all of

- Melbourne
- Mitchell Shire.

All these places are in Stage 3 shutdown.



There are only 4 things you can go out for.

But



You must stay near your home. Like

Go for a walk in the streets at home.

Do **not** go for a drive. Then go for a walk.

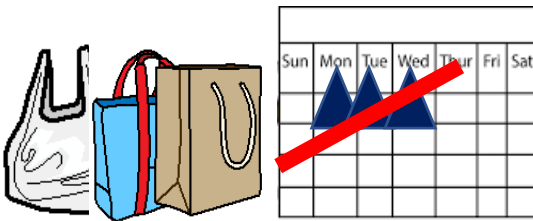


1. To shop for food. Like

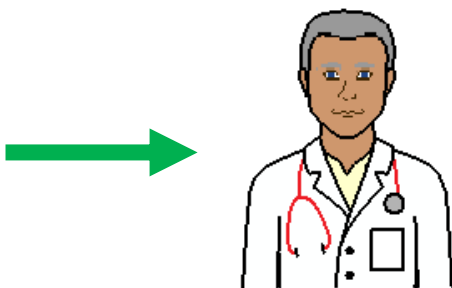
- to go to the supermarket



- to pick up take away.

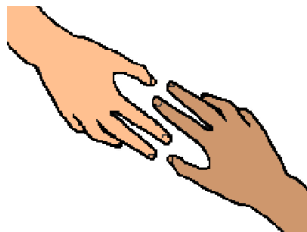


Do **not** go to the shops every day.



2. To go to the doctor

or

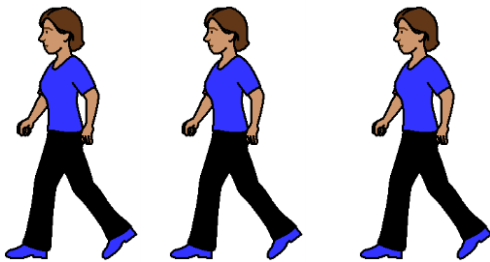


To help some one.

3. To do some exercise.

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

- in your local area
 - by your self
- or
- with only 1 more person.



You must still follow all the rules. Like

- leave space between you.



4. To go to work.

But



Only when you can **not** work from home.