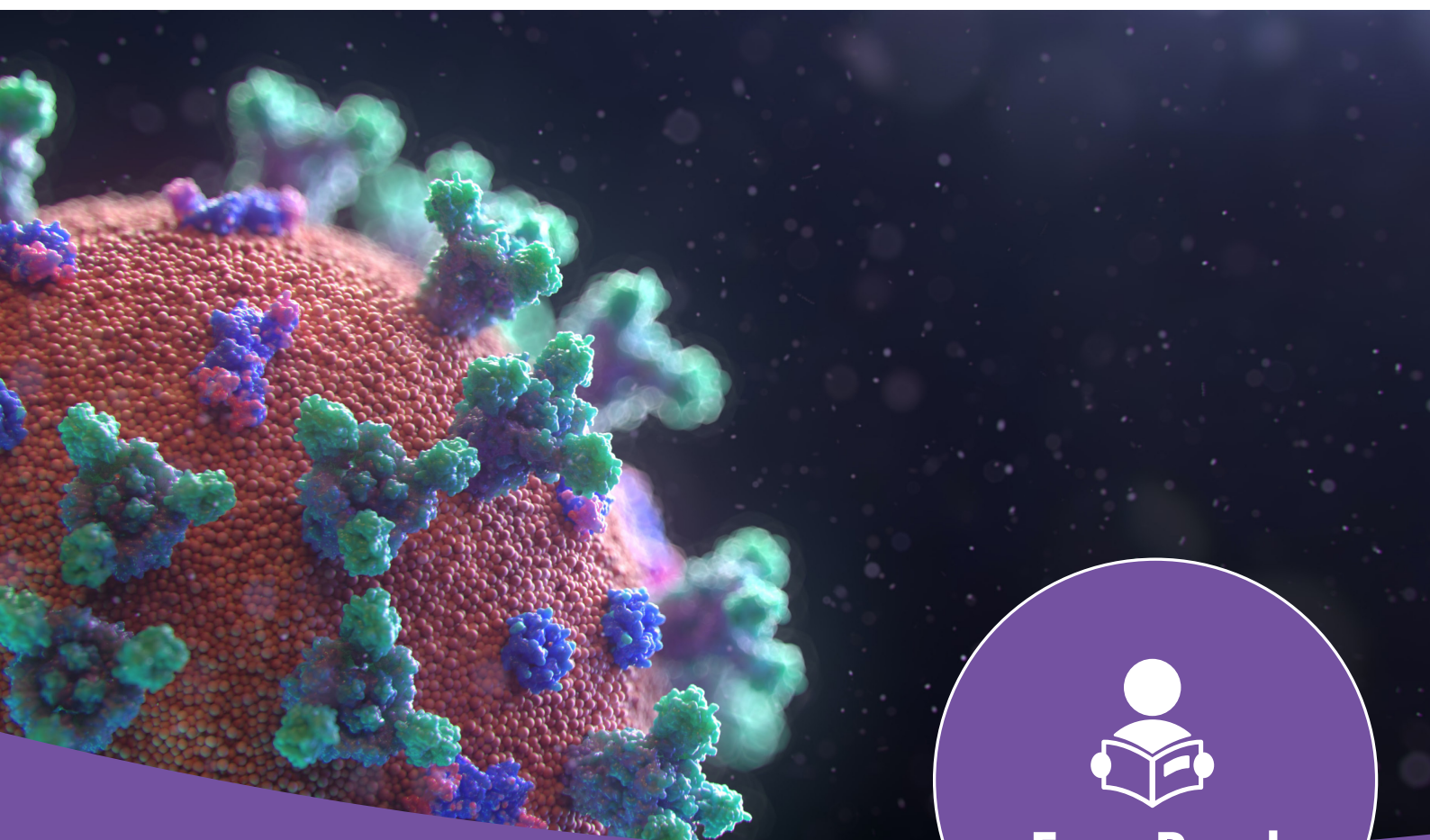


NSW Government Coronavirus rules

Rules about going out and staying home during Coronavirus

3 June 2020



Easy Read

Government Coronavirus rules



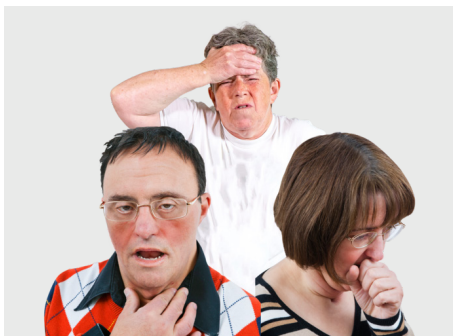
What can you do

The Government has told us to stay at home as much as possible because of Coronavirus.



If we do go out the government has made rules about

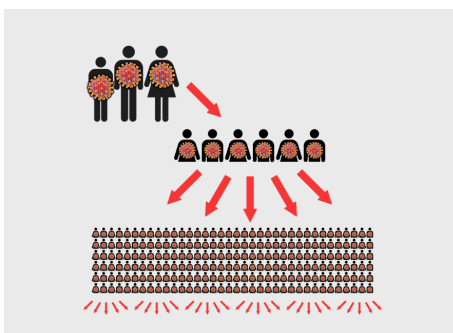
- what we can do
- how many people we can spend time with



Why is this important

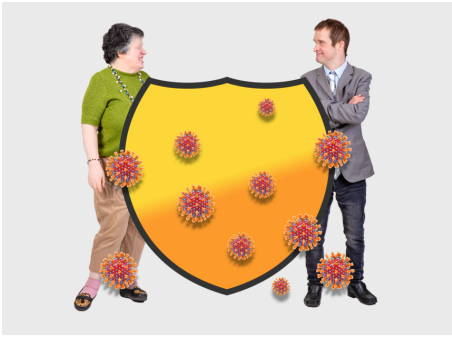
Coronavirus is making a lot of people sick.

It is very important to keep yourself and others safe.



Coronavirus can spread easily

- when someone who has Coronavirus coughs or sneezes
- by touching something with the virus on it



Some people get very sick and can die if they get Coronavirus.

Some people do not get sick but can give Coronavirus to other people.

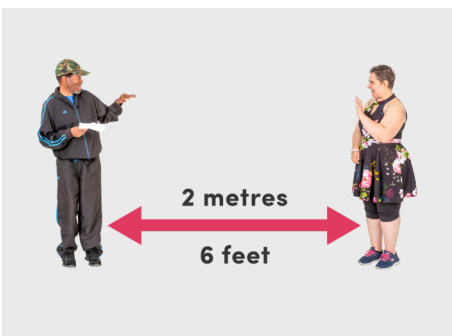
It is everyone's job to stop the virus.



Going out

The government says we can go out, but only for some reasons.

The government has created rules about going out.



If you go out

- always stand 2 metres or 2 big steps away from other people
- make sure you wash your hands often
- avoid touching your face



Go shopping

Follow the rules in the shop to keep safe.



Exercise

You can use outdoor exercise or play equipment.

Wash your hands after touching anything.



Spend time outside

If you go outside you must not stand in a group of more than 10 people.



Appointments with doctors



School

Schools are back!



Go to work

You can go to work or school if you cannot do this from home.



Visit friends or family

You can go to someone's house but there can only be 5 visitors in the house.



Go out to be social

You can go to a pub, club, cafe or restaurant.

The number of people will be limited.



Holiday

You are allowed to travel in NSW for a holiday.



Worship, weddings and funerals

You can go to church or a religious event.

You can go to weddings and funerals.

The number of people will be limited.



Other places you can go

You can also go to

- Museums
- Art galleries
- Libraries
- Beauty and nail salons

The number of people will be limited.



If you feel sick

If you have a cough, fever or sore throat

- call your doctor
- do not leave your home
- try to stay away from the people you live with



For information

Talk to people who support you.

Call CID Info Service on **1800 424 065**.

NSW government information

www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules

Rules are changing all the time. These rules are from 15 May 2020.

Make sure you check our website for up to date information

www.cid.org.au/covid-19

This information is funded by the National Disability Insurance Agency.