Directions under the Public Health Act

What you must do under new coronavirus rules from 7 December 2020

Easy Read version
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What is coronavirus?

Coronavirus (COVID-19) is a virus that has affected many people around the world.

A virus is an illness or disease that can spread easily from one person to another person.

Coronavirus is spreading quickly.

Coronavirus is a pandemic.

A virus becomes a pandemic when it spreads quickly to lots of countries around the world.
What are the Directions?

The Minister for Health has made some **Directions** to protect public health.

The Directions are rules for everyone to follow.

The rules talk about what you should do so we can:

- look after our health
- protect the community
- stop the spread of coronavirus.
The rules change:

- how many people you can meet with in a public place

- how many visitors you can have in your home.
Things you can do

You can:

• have visitors in your home

• visit someone else’s home.

But there can only be 50 visitors in anyone’s home at 1 time.

The 50-visitor rule includes:

• children

• adults.

If you don’t have an outside area at your home, you should only have up to 30 visitors at 1 time.
You can do things such as:

- go to work
- go to school
- go to the shops
- go to the doctor and regular appointments you have
- get medical supplies
• get the care you need

• care for other people

• exercise and play sport

You can meet other people outside in groups.

We call these outdoor gatherings.

But you can only have 100 people at your outdoor gathering.
This includes when you go to the:

- beach
- park.

A person who is working or providing care to someone else does not count as part of the 100 people.

Agricultural shows in places far from the city can have more than 100 people if there is enough space.

But there is a limit of 3,000 people at:

- community sport activities
- outdoor shows
- outdoor protests.
Events in an enclosed outdoor area that you need to buy a ticket for can have:

- up to 5,000 people sitting in seats
- up to 3,000 people sitting on the ground.

You can still use services you need such as:

- social or community services
- disability services
- employment services
- services for victims, including victims of crime
- domestic violence services
- mental health services.
You can go to:

- pools
- gyms and fitness studios
- dance studios
- community centres
- nail and beauty salons
- tattoo parlours
- massage parlours.

Classes at gyms and fitness studios can only have 50 people at 1 time.
You can visit:

- cinemas
- theatres and concert halls
- zoos and reptile parks
- aquariums
- national parks
- museums
- libraries
- art galleries.

You can visit places that serve food such as:

- cafes
- restaurants
- pubs
- clubs
- food courts.
You can go to a:

- wedding
- funeral or memorial service
- place of worship
- religious service.

There can only be 50 people on a dance floor if it’s inside.

But if the dance floor is outside, there can only be 500 people using it.

You can travel in NSW.
You can travel between your homes if you live in more than 1 place.

You can go on a holiday in NSW.

If you go on a holiday, you can stay in the same place in a group of up to 50 people.
How to protect your health

Physical distancing is when you stay at least 1.5 metres away from other people.

You should stay at least 1.5 metres away from other people when you can.

Physical distancing can be hard for people with disability.

It can be hard to stay 1.5 metres away from:

- carers and family members
- support workers.
If you leave your home, you should stay at least 1.5 metres away from other people when you can.

You should wear a mask if your doctor has told you to.

You should also wear a mask if you can’t stay 1.5 metres away from another person.

This includes when you take public transport.

You should wash your hands:

- with soap and water
- for at least 20 seconds.
Use hand sanitiser if you can't wash your hands.

Always wash your hands:

• when you come home
• before you eat.

You should also keep in touch with your:

• carers and family members
• friends.

You can meet other people in person but you should try to stay 1.5 metres apart.
If you are not safe in your home, you can get family and domestic violence support.

Family and domestic violence is when you are hurt by someone close to you, such as:

• your boyfriend or girlfriend
• your husband or wife
• a member of your family
• someone who takes care of you.

You can call our Domestic Violence Helpline anytime.

1800 65 64 63
If you feel sick

A *symptom* is a sign that you might be sick. You might:

- see symptoms
- feel symptoms.

The symptoms of coronavirus are:

- fever
- scratchy or sore throat
- cough
- runny nose
• feeling short of breath

• loss of your sense of taste

• loss of your sense of smell.

If you have any of these symptoms, you should get medical help.
Get help and more information

You can call the National Coronavirus Helpline.

1800 020 080

It is open 24 hours a day.

You can call the Disability Information Helpline.

1800 643 787
Monday to Friday
8 am to 8 pm (AEST)

Saturday and Sunday
9 am to 7 pm (AEST)

You can’t call the National Disability Helpline on public holidays.

You can contact your own doctor.
You can call Healthdirect.

Healthdirect is a 24-hour helpline.

1800 022 222

You can visit the emergency department at a hospital near where you live.

You can call 000 if you have a medical emergency.
You can call us to get more information.

13 77 88 (Service NSW)

You can call us:

- 24 hours a day
- 7 days a week.

www.nsw.gov.au
Directions

The Directions are rules for everyone to follow so we can:

- look after our health
- protect the community
- stop the spread of coronavirus.

Pandemic

A virus becomes a pandemic when it spreads quickly to lots of countries around the world.

Physical distancing

Physical distancing is when you stay at least 1.5 metres away from other people.

Self-isolate

Self-isolation means you don’t:

- leave your home
- see other people.

Self-isolation helps stop the spread of COVID-19.
Symptom
A symptom is a sign that you might be sick.
You might:
- see symptoms
- feel symptoms.

Virus
A virus is an illness or disease that can spread easily from one person to another person.

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