

COVID 19 News

For Tuesday 17th November 2020

There are new rules to help stop COVID 19 from spreading.

The rules might change.

This information is from Tuesday 17th November



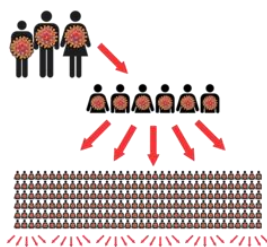
This is for people living in South Australia.

Important things



The number of people with COVID-19 is growing in South Australia.

COVID-19 can make some people very sick.



COVID-19 spreads easily.

Everyone in South Australia needs to be careful so that more people do not get sick.

The Government have asked people to



- Work from home if you can



- Wear a mask if you catch public transport or need to be close to other people



- Stand 1.5 metres or at least 2 big steps away from other people



- Wash your hands often



- Get tested for COVID-19 if you feel sick



If you are an at risk person the Government says it is a good idea to

- stay home
- not have many visitors come to your home

You might be more at risk if you are

- older than 70
- have lung problems
- have a chronic condition like diabetes or other health problems
- live in aged care or with many other people



Things you can do



Go to the shops for important things like

- food
- medication

Try to be quick and not touch lots of things



Have people visit you at home
but
only up to 10 people.



Have support workers help you with
personal care
but
remember good hygiene!



Go to

- hairdressers
- tattoo places
- nail salon

but
the people working there must wear a mask.
They might like you to wear one too.



Go to cafes, pubs and restaurants
but

- There must be less than 100 people in the shop
- You can only have up to 10 people on your table
- You must sit down to eat and drink



Go to work

- You can go to work if you cannot work from home

and



Go to school



Go to religious places like church
but

- There must be less than 100 people in the building



Go to a funeral
but

- There must be less than 50 people in the building
- People must be spread out
- Some smaller places might allow less people



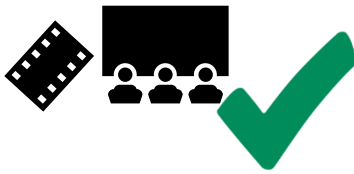
Go to a wedding
but

- the people running the wedding need to write down your details



Do private Personal Training (PT) sessions or boot camp sessions in a group.
but

- it must be outside
- stand 1.5 metres or at least 2 big steps away from other people



Go to the cinema and theatre
but

- be 1.5 metres or at least 2 big steps away from other people



Go for a walk



Things you can not do

The Government thinks these rules will be for 2 weeks



All sport is cancelled.

This means you can not go to

- Training
- Games
- Indoor and outdoor sports
- Contact and non-contact sports



For example no

- Dancing
- Bowling
- Football

You can play on your own or with the people you live with in your house or backyard.

You can go for a walk.



Some other events are cancelled too.

Most events with big groups and crowds are cancelled

If you are not sure if you can go somewhere you can



- Call the place before going
- Look at their website or Facebook page to see if they have more information



Places that are closed

- Gyms
- Play and trampoline centres



COVID-19 Testing

If you feel sick it is important to get a COVID 19 test.

If you feel sick

- Call your doctor, do not visit without calling
- Do not leave your home other than to get a test
- Try to stay away from other people

There are lots of places you can get a COVID 19 test.

To find your closest testing place

Call the SA COVID-19 information Line

1800 253 787

For information about COVID



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1800 253 787