

COVID 19 News

For Friday 4th December 2020

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

The rules might change.

This information is from Friday 4th December.



This is for people living in South Australia.

This book will tell you

- Some rules that have changed
- Mask information
- Where you can go now
- What you can do now
- How many people can be in a place
- Who needs to get tested

The Government have asked people to



- Wear a mask if you need to be close to other people like on public transport or at the shops



- 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

Important things - Masks



You do not have to wear a mask but it is good if you can.

It is good to wear a mask in busy places like

- Supermarkets
- On public transport

And anywhere it is hard to keep 1.5metres away from other people.

Try not to touch the mask once you put it on.



The lady in the picture is wearing a fabric mask. You can wash it and use it again and again.

Support workers must wear a mask if they can not stay 1.5 metres or 2 big steps away from you.



People giving health and therapy services must wear a surgical mask.

This is people like

- Doctors
- Physios
- Aged care workers

If you go to a health service place you have to wear a mask too.



A surgical mask is often blue and white. You can only use a surgical mask 1 time then you need to throw it in the bin.

The mask must cover a persons mouth and nose.



Things you can do now



Go to the shops.

Try not to touch lots of things.

It is good to wear a mask to the shops if you can. But you do not have to.



Have people visit you at home
but

only up to 10 people on the property.

The property includes

- in the house
- in the front or back yard



Have support workers help you with
personal care

but

remember good hygiene!

Your support worker must wear a mask.



Go to

- hairdressers
- tattoo places
- nail salon
- massage places
- other personal care places

but the people working there must wear a
mask.

They might like you to wear one too.



Things you can do now



You can go to

- cafes
- pubs
- restaurants
- anywhere that sells food or drinks

but

If you are inside you must sit down to eat or drink.



If you are outside you can sit or stand to eat or drink.



You must not share food or drink with other people.

The place must have less than 1 person per 2 square metres.



This means you should be able to keep physical distance of about 2 big steps away from people that you do not know.



Things you can do now

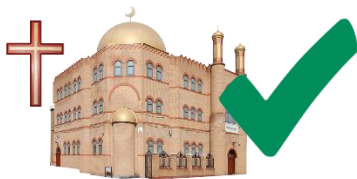


Go to work

- Some work places might tell you to keep working from home



Go to school



Go to religious places like church



Go to a funeral



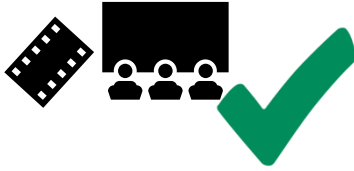
Go to a wedding



Go to the gym



Things you can do now



Go to the cinema and theatre
but

- the place will tell you where you can sit
- the place can only be half full



Go for a walk or meet with friends or family



You can go to sport.

You can go to

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



For example

- Dancing
- Bowling
- Football



How many people can be at...



Your house

This includes the house, front and back yard.

- 10 people



A private function

A private function might be a

- Wedding
- Funeral
- Big birthday at a special place that is not at home.

You can stand while eating and drinking at the event. You can dance at the event.

- 150 people



Caravan park or camping

- 6 adults per site for sleeping
- Up to 6 adult visitors
- The numbers only include people over 16



Swimming pools

- 50 people in each pool



How many people can be at...



Indoor places

- That sell food and drink like cafes and restaurants

1 person for every 2 square metres of space.

- All other indoor places like gyms and medical places.

1 person for every 4 square metres of space.



Outdoor places

1 person for every 2 square metres of space.

This means there can usually be more people in an outdoor place and less people indoors.

If you are not sure just always try to stay at least 2 big steps away from people that you do not know.



COVID-19 Testing

Very important

Have you been to any of these places?



Intensive English Language Institute, Flinders University Sturt Campus at Bedford Park

Any time between

- Friday 13th November to
- Saturday 28th November

If you did visit this place

- you
- and
- the people you live with must



1. Stay in your home for 14 days.

You must not leave the house even for food or medicine

You can call the SA COVID Line on 1800 253 787 if you need help to get the things you need.

You can not have visitors.



2. You must get a COVID 19 test even if you do not feel sick

You must wear a mask

As soon as you get there tell the testing people that you went to the place in the list.



If you have questions

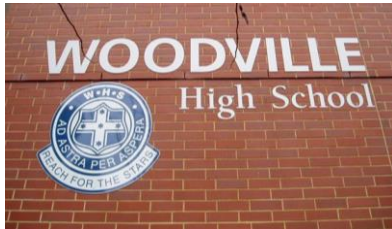
Call the SA COVID Line on 1800 253 787



COVID-19 Testing

Very important

Have you been to any of these places?



Woodville High School, St Clair –
Year 9 students and some teachers only
on

- Monday 23th November or
- Tuesday 24th November

If you did visit this place you must

1. Stay in your home for 14 days.



You must not leave the house even for food or medicine

You can call the SA COVID Line on 1800 253 787 if you need help to get the things you need.

You can not have visitors.



2. You must get a COVID 19 test even if you do not feel sick

You must wear a mask

As soon as you get there tell the testing people that you went to the place in the list.



If you have questions

Call the SA COVID Line on 1800 253 787



COVID-19 Testing

Very important

Have you been to any of these places?



Flinders University Sturt Campus at Bedford Park

Any time between

- Friday 13th November to
- Saturday 28th November



Big W at the Brickworks Torrensville on

- Sunday 22nd November
12:15 – 12:50pm



Foodland at Norwood on

- Sunday 22nd November
1:20pm – 2pm



Kmart at Kurralta Park on

- Sunday 22nd November
2:45pm – 3:10pm

If you did visit any of those places



3. **You must get a COVID 19 test** even if you do not feel sick.

You must wear a mask when you go to get a test.

As soon as you get there tell the testing people that you went to the place in the list.

You must then go straight home and wait for your test results.

You must not leave the house until you get a negative result.



If you have questions

Call the SA COVID Line on 1800 253 787



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
- Wear a mask if you can
- 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

Or to see a list of testing places [click this link here](#)

For more information



Call the SA COVID-19 information Line

1800 253 787

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Norwood Foodland - <https://www.facebook.com/norwoodfoodland/?rf=173906382724268>

Brickworks Torrensville- <https://badge.net.au/projects/brickworks-marketplace/>

Flinders uni logo– www.flinders.edu.au

Flinders university sturt campus- <https://australianuniversities.click/flinders-university/>

Flinders IELS <https://www.flinders.edu.au/international/apply/english-language-pathways>

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