

# **Coronavirus (COVID - 19)**

## **ACT Lockdown Information**



### **When Can I Leave my House?**

**New Rules from August 13 2021**

**Easy English**

**August 2021**

# Easy Read

## Hard Words



This book has some hard words.

The first time we write a hard word

- the hard word is in **blue**
- we will write what the hard word means



You **can** get help with this book.

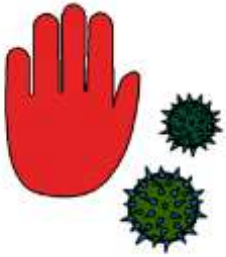
You **can** get someone to help you

- read this book
- know what it says
- find more information



The **ACT government** made some **new rules** about coronavirus (**COVID-19**).

A **rule** is when the government tells us what we **can** and can **not** do.



The **rules** are to help **stop** the spread of **COVID-19**.

This booklet is about some of the rules.

This booklet is about



- when you can leave your house.



## When can I leave my house?

The government wants you to **stay at home**.

You can only leave your house for **6** reasons.

### You can leave your house to



- go to the **supermarket or pharmacy**, but only if you need to buy important things, like food or medicine



- go to the **doctor or health centre** for important health reasons



- go to **work**, but only if you are an **essential worker**.

An **essential worker** is a person who has a job that is important to keep the community safe and well. For example, health care worker, emergency worker, police, supermarket worker.



- **exercise** for up to **1** hour only in your local area, like go for a walk.

You can do exercise



- with the people in your house

or



- with **1** other person only



- get a COVID-19 test



- get a COVID-19 vaccination



You can also leave your house if you are in danger.

You can find more information on the reasons you can leave the home here –



[Reasons you can leave home – ACT Government](#)



If you do go out, you **must wear a mask** at all times, if you are aged 12 years and older.



**Remember, if we all follow the rules, we can stop the spread of COVID-19.**



For more information about the new rules from the government, go to

[Lockdown in the ACT](#)



For more information about coronavirus, call

**Coronavirus Health Information Line**



**1800 020 080**

You can call any time, day or night.



## More information and resources

- Information on COVID-19



<https://www.covid19.act.gov.au/>

- COVID-19 help and advice

Call COVID-19 Helpline

**(02) 6207 7244**

from **8** am to **8** pm every day.



- COVID-19 information and support services

[Access Help](#)



- Resources to support your health, family, work and other community help

[COVID-19 Community Service Information webpage](#)



- Advocacy resources for people with disabilities

<https://www.advokit.org.au/>



## Support in Lockdown

If you



- have a disability
- live in the ACT
- need help with
  - health
  - housing
  - access to services

call us



**6257 4005**

or email us



[info@advocacyforinclusion.org](mailto:info@advocacyforinclusion.org)



Advocacy for Inclusion wrote the Easy English

### **Contact details**

2.02 Griffin Centre, 20 Genge Street Canberra City ACT 2601

Phone: 6257 4005

Email: [info@advocacyforinclusion.org](mailto:info@advocacyforinclusion.org)

ABN: 90 670 934 099

### **Image Acknowledgments**

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Solana Beach, CA 92075. Phone 858-550-0084