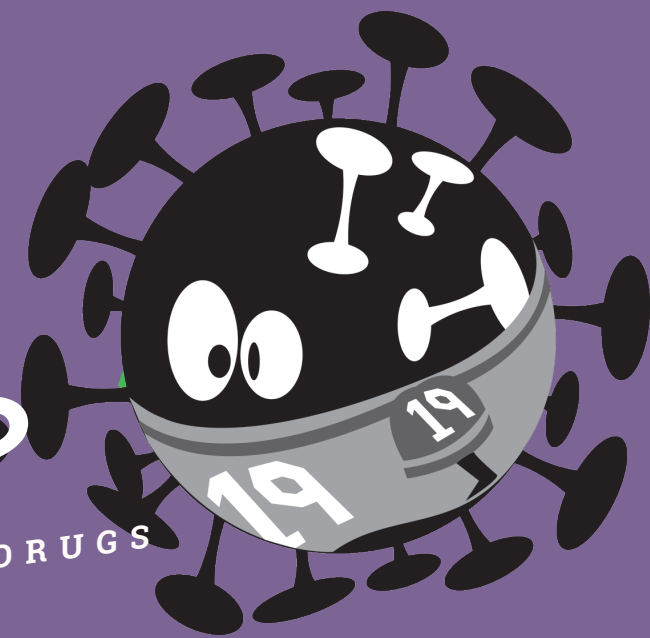


COVID19 STAGE 4

What's New?
FOR & BY PEOPLE WHO USE DRUGS



1 MASKS OR FACE COVERINGS.

From Aug. 3, 2020, **ALL** Victorians must wear a face covering when they leave home, no matter where we live.

A face covering can be a disposable surgical mask or N95 type masks, a home made or store bought cloth mask, a scarf, bandana. or neck gaiter. If you do not have access to a mask in **urgent, temporary** cases you can possibly use a shirt or jacket sleeve. A limited number of free disposable masks may be available from your community health centre or NSP. Just ask.

NOTE*

You DO NOT need to wear a face covering if you have one of the following: (but it's probaby best to carry one at least)

- have a **medical or psychological condition** (incl. asthma, deafness or trauma) that makes it impossible or difficult to wear
- Infants and children **under the age of 12 years**

IF THIS IS YOU- It's best to carry a letter from your treating doctor to avoid hassle, fines and possible arrest. Don't fight with people- just explain.



MASK.



BANDANA.



SCARF.



NECK GAITER.

2 THE 5KM RULE.



If you live in metropolitan Melbourne you should be **staying at home**. From 6pm on 2 Aug. 2020, you **must not travel more than 5km from your home**, unless it is for work, medical care or caregiving.

This means you **CAN** go to your prescriber/GP and you **CAN** pick up your dose from your pharmacy if it's **OUTSIDE** the 5kms.



3 CURFEW.

From 2 Aug. 2020, a curfew will be in place in metropolitan Melbourne.

From 8pm to 5am every night, you are **NOT** to leave your house or place you stay at. We are only allowed to leave our houses for work, essential health, care or safety reasons. Make sure to **plan** your day so you can be **back at home by 8pm**. **Remember to stock up on NSP equipment and 'supplies' so that you don't get caught short.**

If you **do need** equipment after curfew, mobile NSPs are still operating so make sure you know the number and opening hours for your local service. Anyone may travel to a health service – including an NSP – at any time **before 8pm** and in emergency, afterwards, within 5km of home.

If you are found out and about after 8pm you should expect to be questioned by the authorities/police.



4 STAY CALM.

We've been here before. We **know** the basics- **Wash/sanitise hands** regularly, **physically distance 1.5m** when possible, stay home but **stay connected** to family & friends and be patient. Help your community & neighbours where you can- we're all dealing the best we know how in this confusing time.

