

URGENT INFORMATION ABOUT MASKS

From 11.59pm on Wednesday July 22nd, you must wear a face covering whenever you're out in public in metro Melbourne and the Mitchell Shire (near Bendigo).

What is a face covering?

The term 'face covering' includes cloth masks and single-use face masks (surgical masks).

Both types help reduce the spread of COVID-19.

Cloth masks are any nose and mouth covering made of washable fabric and can be re-used.

Surgical masks, like those worn by hospital workers, are only meant to be worn once.

If you can't get a mask like this, **you can also use other kinds of face coverings like scarves.**

Why should I wear a face covering?

Face coverings work in reducing the spread of COVID-19. **They help keep you and other people safe.**

If you are not wearing one, the fine is up to \$200!

Where can I get a face covering?

You can buy masks from places like Bunnings and the chemist.

Can I make my own mask?

You can make your own mask. You can also use things like scarves if they cover your mouth and nose.

Go on YouTube and look up "make your own mask" for some good videos.

Do I have to wear a face covering all the time?

There are some very rare situations where you do not have to wear a mask or face covering, including if you have a medical reason (like breathing issues), if you have a professional reason, if you are under 12 years old, or if it is not practical – like if you are exercising.

If you live in regional Victoria, you should still wear a face covering – but you do not have to.

Remember: you are still allowed to go to health services. That includes your NSP.

You should keep 1.5 metres distance from people whenever you can.

If you can stay home, you must stay home.

If you think you're getting sick (symptoms of COVID-19 can be like the flu or opioid withdrawal), **get tested.**

There's a 24/7 Victorian COVID-19 hotline. **Call it on 1800 675 398** to get more information about testing.

For more information, google "**dhhs corona**" and click on the first link.

If you have any questions, talk to your NSP worker.