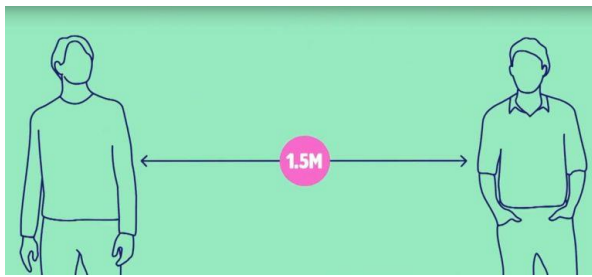




You can go out to exercise with a support worker



We want you to be able to go out and do other activities too



There are still some rules to keep everyone safe from COVID-19



We'll tell you when the rules change



These are the rules in Tasmania:



- If you have health problems stay home

50

- If you are over 50 stay home



- stay 1.5 metres away from other people – 1.5 metres is as long as a broom



- stay away from sick people



- keep your hands and things you touch clean



If you have questions, ask your support worker