



Coronavirus or COVID-19 is a new illness



To keep you safe from COVID-19, there are new rules



Many places have to stay closed, like churches and cafes



The Li-Ve Tasmania offices in Hobart and Launceston are closed



You can still phone the Li-Ve Tasmania office and talk to staff



The Prime Minister said to:



- only have visitors when you have to



- only have one visitor at a time



- only go out with one other person, or with your family that you live with



- only go out to exercise or if you need to buy groceries or medicine



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



- don't meet in groups



- stay away from sick people



- stay at home and call the COVID-19 hotline on 1800 020 080 if you think you might have COVID-19



- keep your hands and things you touch clean



You will need to stop most outings for a while



Your support worker can still support you at home



Your support worker can go with you to exercise or buy groceries



You can talk by phone or video instead of visiting



We will tell you if there will be changes



If you have questions about COVID-19, talk to your support worker