

SOCIAL RESTRICTIONS EASING TO REDUCE ISOLATION AND BOOST MENTAL HEALTH

COVID-19 FACT SHEET

State government relaxes rules but still intent on ensuring public safety.

The NSW Government has updated restrictions in place due to the COVID-19 coronavirus pandemic, outlining how schools, shops and communities can adapt.

WHAT'S NEW?

There will be three key changes that will take effect across NSW in May:

1. Up to two adults and their dependent children can visit another household.
2. There will be a return of face-to-face teaching from May 11, and then a full return to school as soon as possible.
3. There may be increased retail activity, with some businesses choosing to re-open. It is important these shops maintain social distancing and hygiene requirements.

WHAT HAS CHANGED?

As the number of new cases of COVID-19 has reduced markedly, the Government is easing restrictions to reduce social isolation and improve mental health.

It extends the existing guidelines of being able to leave home for 'care or medical purposes'.

There is no limit on how far people can travel within NSW so long as they respect the rules and the reason is consistent with one of

the four categories for leaving home.

FOCUS ON PUBLIC HEALTH

It is important when visiting another household social distancing is maintained and extra hygiene precautions are taken. When visiting, meeting in an outdoor environment such as home garden, backyard or verandah will help reduce the risk.

If people are visiting those aged over 70 or those with underlying health conditions they are urged to be extra vigilant with social distancing and hygiene measures.

It is also important to remember that people should not visit anyone if either party is unwell, even if there are only mild symptoms like fatigue or a scratchy throat.

The two-person gathering limit still applies to public places.

CAUTIOUS EASING

The new rules do not allow people to go away on holidays, to host or attend parties, or ignore hygiene and social distancing measures.

The two-person gathering limit still applies to public places. Members of the same household may still go outdoors together.

The COVID-19 pandemic remains a real and present public health risk, and authorities continue to take it very seriously.

Fast facts...

- The NSW Government has eased some restrictions introduced due to the COVID-19 coronavirus pandemic.
- Up to two adults and their dependent children can now visit another household.
- There will be a return of face-to-face teaching from May 11, and then a full return to school as soon as possible.
- The two-person gathering limit still applies to public places.
- The new rules do not allow people to go away on holidays, to host or attend parties, or ignore hygiene and social distancing measures.