

# Tasmania's restrictions have eased. *What do I need to know?*

*By working together every Tasmanian has helped to minimise the spread of coronavirus in our community. Tasmania is continuing to work its way through a staged approach to the easing of restrictions.*



## Keeping safe in gatherings

COVID-19 is spread through contact with people. In any gathering (group of people) or setting it is important to maintain:

- physical distancing of at least 1.5 metres between people
- hand hygiene
- respiratory hygiene (sneeze or cough into your elbow or a tissues and clean your hands after coughing or sneezing)
- frequent environmental cleaning and disinfection.

Is it recommended that you download the COVIDSafe app on your phone, to help with tracing contacts of confirmed cases.

To keep protecting lives and keep Tasmania on the road to recovery, everyone must continue doing the right thing:



Be aware of what restrictions are currently in place



Wash your hands regularly



Physical distance when out



Stay home if unwell



Get tested for COVID-19 if you have any cold or flu symptoms



Vulnerable people are encouraged to continue to stay home and protect their health, or take extra precautions when out and about.

This advice applies to:

- Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions
- People 65 years and older with chronic medical conditions
- All people 70 years and older
- People with compromised immune systems
- People with a disability, if you have received medical advice to do so.

This does not mean that these people are unable to leave home or to visit others.

But members of these high-risk groups should take extra precautions to avoid unwell visitors, including unwell children who might not fully understand physical distancing boundaries.

### **Why is staying 1.5 metres from others important?**

Physical distancing continues to be the strongest safeguard to prevent the spread of COVID-19. You must continue to maintain a safe distance of no less than 1.5 metres between yourself and others, where safe and practical.

### **What has changed since 26 June 2020?**

Under Stage 3, which started on 26 June 2020, all businesses and workplaces are now permitted to operate and more people are allowed at businesses and activities.

Gathering sizes have increased to a maximum of 500 people in an undivided space outdoors and 250 people for an undivided space in an indoor premises. Maximum density limits have moved from 4sqm per person to 2sqm.

Where the number of people permitted according to the density limit is less than the gathering limit, the lower number applies.

For sport and recreation, full contact training, full competition sport (contact and non-contact) and use of change rooms and other shared facilities are now permitted.

### **At your home**

Gatherings at homes – including shacks – are limited to up to 20 people at any one time, not including residents of the household. You should not visit others or have visitors to your home if you are unwell.