



Wednesday, 5<sup>th</sup> August 2020

Dear Wintringham resident

**Re: COVID-19 Update – Stage 3 Restrictions in regional Victoria**

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I hope this letter finds you well during these challenging times. I'd again like to reassure you, that we are committed to providing you with the support you need during this Coronavirus (COVID-19) pandemic.

**What do Stage 3 restrictions mean for you?**

From 11:59pm on Wednesday 5 August 2020, if you live in regional Victoria you cannot leave home except for one of the following four reasons:

- to shop for food and essential goods or services
- to provide care, for compassionate reasons or to seek medical treatment
- to exercise or for outdoor recreation
- for work or study, if you can't do it from home.

You must wear a face mask when you leave home, unless you have an exemption. Even while wearing a face covering, you should keep at least 1.5 metres distance between yourself and others.

Please continue to:

- Wash your hands often with soap and water before and after eating and after using the toilet.
- Notify Wintringham if family members, including any children you live with are unwell.
- Discuss symptoms with your Doctor
- Cough and sneeze into your elbow, not your hands.



Please contact your Support Worker if you require any form of assistance including help getting food, medication and essential supplies.

For the latest updates and information on restrictions visit:  
[www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19](http://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19)

Thank you for your co-operation.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Bryan Lipmann', with a long horizontal stroke extending to the right.

Bryan Lipmann AM  
CEO/Founder

