



Coronavirus disease (COVID-19)

For the latest information:

www.dhhs.vic.gov.au/coronavirus

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Victoria's roadmap for reopening

COVIDSafe
principles



Wear a face mask



Physical distancing
(1.5 metres)



Good hand hygiene



Don't go to work unwell



Cough and sneeze into
tissue or elbow



Outdoor activities

- Victoria's State of Emergency and State of Disaster declarations have been extended from Sunday 13 September until 11.59pm on Sunday 11 October 2020.
- From Monday 14 September 2020, we began easing restrictions towards a COVID Normal way of life.
- As the numbers of active cases in the community reduce, this will trigger us to reduce more restrictions, and take the next step.
- This roadmap is about making sure we stay one step ahead of the virus – and making sure we don't have to take another backwards step.

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Outdoor activities

With clear and articulated case targets, we're creating "trigger points" for review for our public health team, before we move to the next step confidently.

14 day average

Metro: 52.9

Regional: 3.6

As at 15 Sept

First Step	Second Step	Third Step	Last Step	COVID Normal
Trigger points for easing restrictions – the decision for easing restrictions will be considered with Public Health advice, and preconditions being in place.				
11.59pm on 13 September 2020 First Step commences at 11.59pm on 13 September	Later of threshold being met and 28 September 2020 Move from the First Step to the Second Step if we reach an average daily case rate of 30-50 cases in Metro Melbourne over previous 14 days with public health advice regarding transmission source	Later of threshold being met and 26 October 2020 Move from Second Step to Third Step if we reach <5 new cases (state-wide average over previous 14 days) and <5 cases with unknown source (state-wide total last 14 days)	Later of threshold being met and 23 November 2020 Move from Third Step to Last Step if we reach no new cases for 14 days (state-wide)	When threshold met Move from Last Step to COVID Normal if we reach no new cases for 28 days (state-wide), no active cases (state-wide) and no outbreaks of concern in others states or territories
First Step applies to Metropolitan Melbourne	11.59pm on 13 September 2020 Second Step commences at 11.59pm on 13 September	When threshold met Move from Second Step to Third Step when regional Victoria reaches <5 new cases (regional average over last 14 days) and 0 cases with unknown source (regional total last 14 days)	Later of threshold being met and 23 November 2020 Move from Third Step to Last Step if we reach no new cases for 14 days (state-wide)	When threshold met Move from Last Step to COVID Normal if we reach no new cases for 28 days (state-wide), no active cases (state-wide) and no outbreaks of concern in others states or territories

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Situation in Victoria

Latest Victorian Numbers

Updated: 15 September 2020 05:00pm

42

new cases
(last 24 hours)

8,803

test results received
(last 24 hours)

0

lives lost
(last 24 hours)

1,040

active cases

19,911

total cases

2,506,513

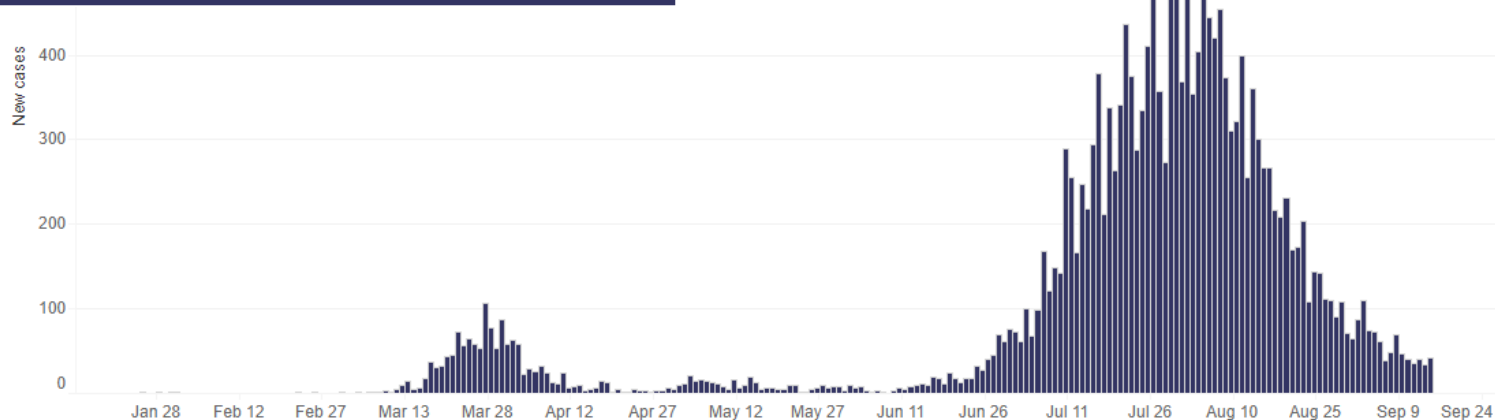
total tests

729

total lives lost

18,079

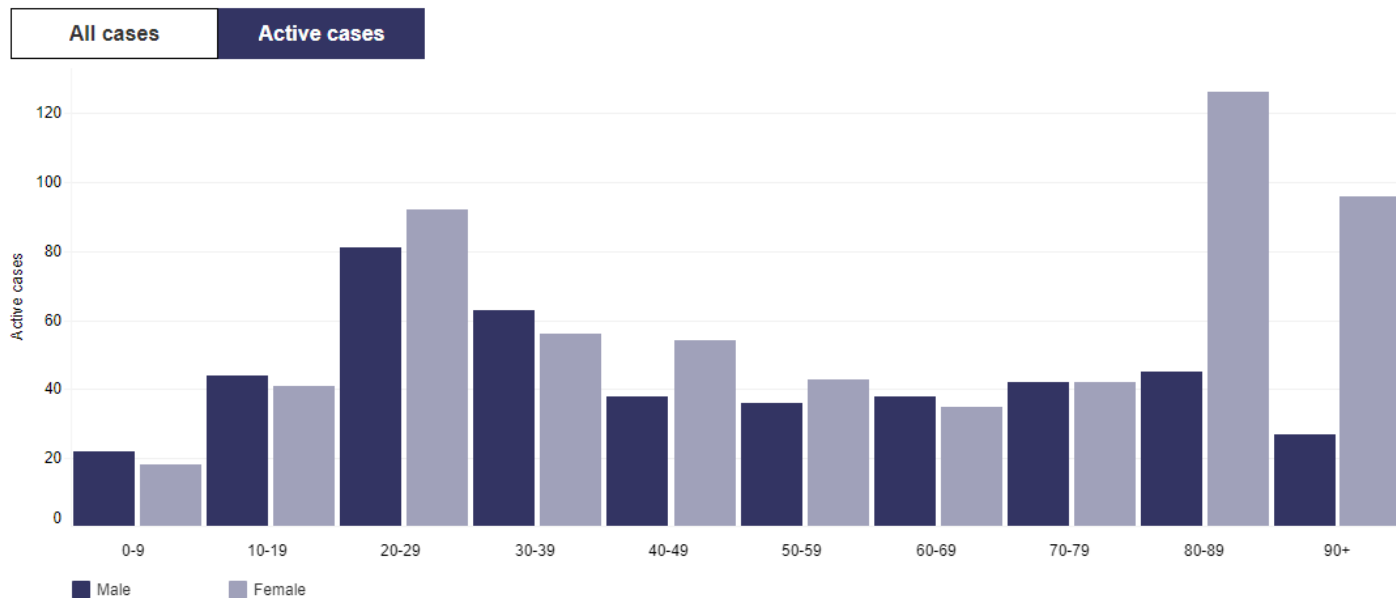
recovered



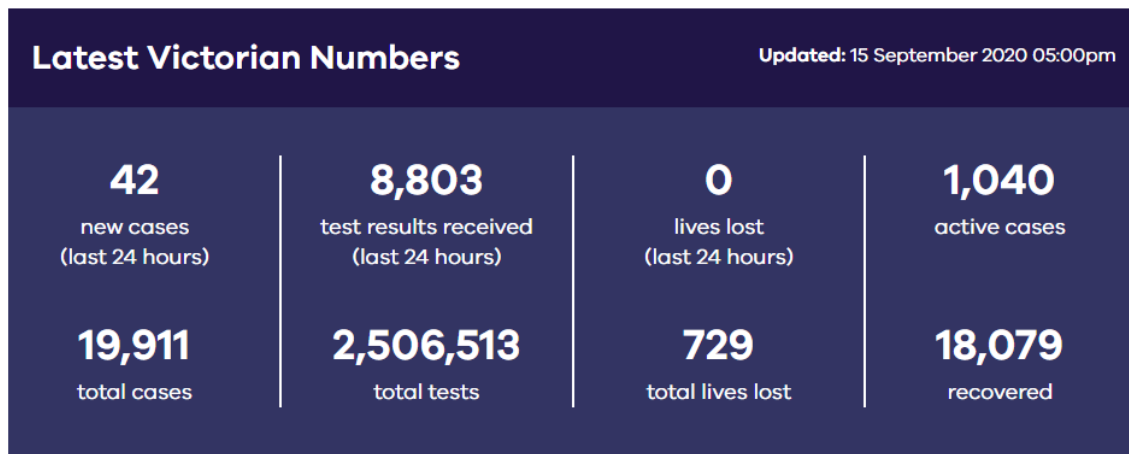
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Situation in Victoria - cases by age group and gender

Cases by age group and gender



Current situation



Changing sources of transmission

Mode of transmission



Graph 1 – COVID-19 total confirmed cases, morbidity and mortality by age group

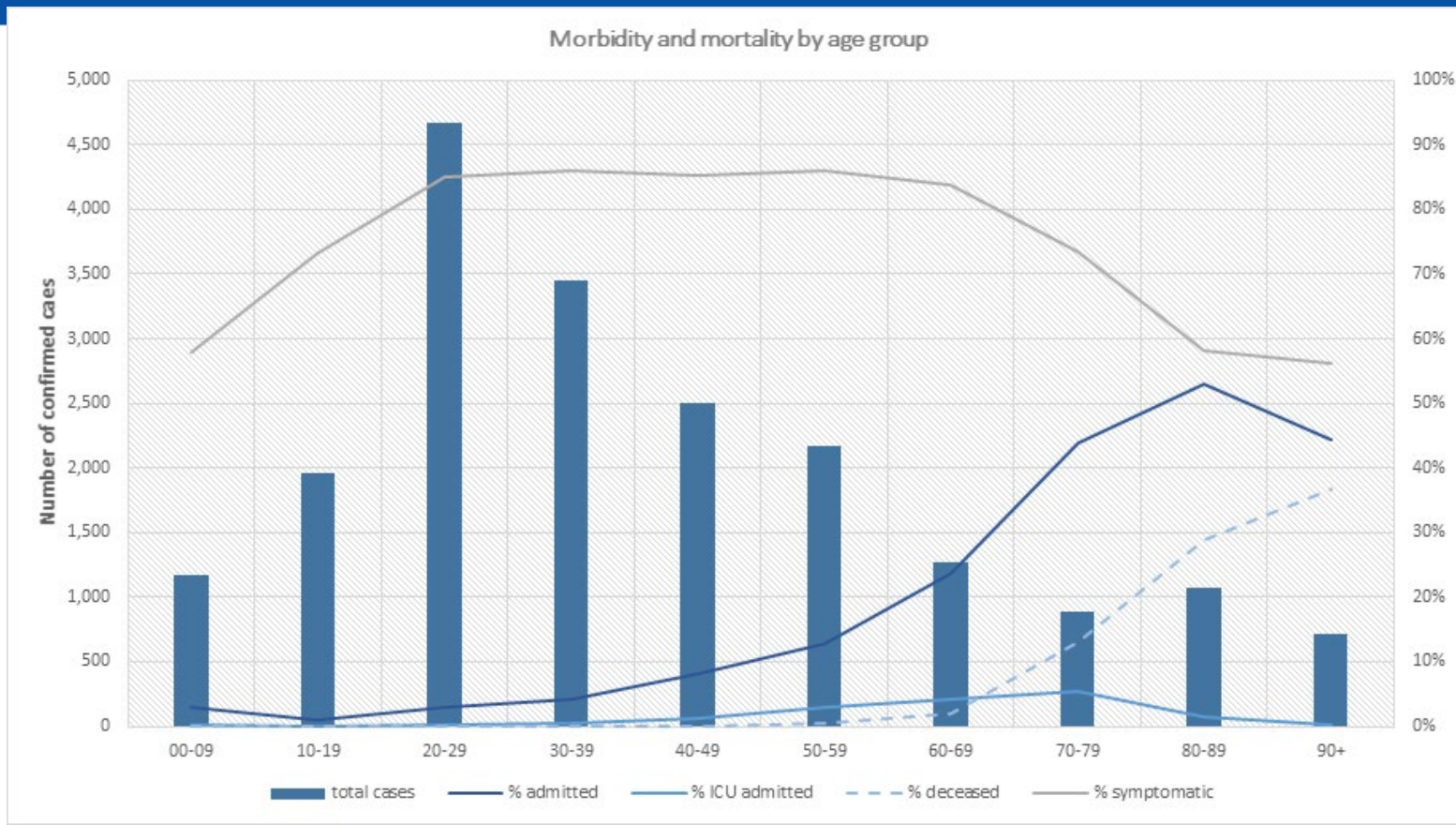


Table 1 - COVID-19 total confirmed cases, morbidity and mortality by age group

Age group	Total cases		Admitted to hospital		Admitted to ICU		Number of deaths	
Unknown	2	0%	0	0%	0	0%	0	0%
00-09	1,175	6%	35	3%	3	0%	0	0%
10-19	1,954	10%	20	1%	2	0%	0	0%
20-29	4,675	24%	143	3%	14	0%	1	0%
30-39	3,451	17%	146	4%	15	0%	2	0%
40-49	2,506	13%	204	8%	30	1%	1	0%
50-59	2,164	11%	275	13%	63	3%	13	1%
60-69	1,274	6%	300	24%	55	4%	24	2%
70-79	883	4%	387	44%	48	5%	116	13%
80-89	1,070	5%	568	53%	15	1%	309	29%
90+	718	4%	318	44%	2	0%	263	37%
Grand Total	19,872	100%	2,396	12%	247	1%	729	4%

Please note that hospital admissions include all admissions during case follow-up, regardless of the reason for admission. Admission to hospital is not necessarily a marker of severity of illness as some cases with mild or no symptoms are admitted to hospital for the purposes of isolation (eg. aged care facility residents where the case cannot be appropriately isolated in the facility itself).

Deceased cases include all cases who died during follow-up (that is, before they were cleared from isolation), whether COVID-19 was a cause of death or not.

Table 2 - Proportion of symptomatic COVID-19 cases

Age group	Total cases	Symptomatic	
00-09	1,141	661	58%
10-19	1,880	1,376	73%
20-29	4,580	3,890	85%
30-39	3,380	2,904	86%
40-49	2,424	2,069	85%
50-59	2,116	1,820	86%
60-69	1,223	1,024	84%
70-79	785	577	74%
80-89	900	524	58%
90+	588	331	56%
Grand Total	*19,017	15,177	80%

*Does not include people for whom symptoms information is unknown or missing

*Data is correct as of 14/09/2020

Current restrictions

The State of Emergency and State of Disaster has been extended until 11 October 2020, which ensures there can be enforcement of the Chief Health Officer directions and for police to ensure compliance

All of Victoria

Wear a face covering or face mask when you leave home.

Don't go to work if you feel unwell.

Maintain physical distancing of 1.5 metres.

Cough and sneeze into tissue or your elbow.

Perform good hand hygiene.

Outdoor activities (these carry less risk than indoor activities).

Metro Melbourne (Step 1)

Only four reasons to leave home

- School or work (if can't be done at home)
- Care or caregiving
- To purchase essentials (within 5km of home)
- Exercise (up to 2hrs over 2 outings)

Curfew eased – 9pm to 5am

Playgrounds open, libraries open for click & collect

Single social bubble (+1 at home for those living alone / single parents)

Regional Victoria (Step 2)

Only four reasons to leave home

- School or work (if can't be done at home)
- Care or caregiving
- To purchase essentials
- Exercise (no limit)

Single social bubble

Five people from max. two households can meet outdoors

Retail + hairdressers open (limits on people allowed)

Playgrounds, outdoor pools and Childcare open

Outdoor religious services – faith leader + five people

Step 3 – Regional Victoria

- Regional Victoria are moving to Step 3 on 11:59pm Wednesday 16 September 2020.
- No restrictions on reasons to leave home
- Public gatherings: up to 10 people outdoors.
- Visitors to the home: create a 'household bubble' with one nominated household allowing up to 5 visitors from that household at a time (infants under 12 months of age are not included in the cap)
- Hospitality: predominantly outdoor seated service, group limit of 10 and density limits.
- Intrastate travel: allowed across Third Step area
- Entertainment: outdoor venues and events, subject to pre-approved plans.
- Accommodation: open, with caps per the social bubble

Face masks

All Victorians must now wear a face covering when they leave home, unless they have a lawful exception.

Lawful exceptions for not wearing a face covering:

- people with a medical condition, including problems with breathing, a serious skin condition on the face
- People with a disability or a mental health condition (i.e. deaf or hard of hearing)
- children under the age of 12 years.

Face masks

- You can remove your face covering if you are communicating with a person who is deaf or hard of hearing, where the ability to see the mouth is essential for communication.
- Where hearing or communication is difficult, a face shield should be considered in addition to physical distancing, respiratory etiquette and hand hygiene.
- **However, if there is an outbreak at a RACF, a face covering must not be removed, and protective PPE principles followed.**

Requirement for COVID Safe Plans

- Under Stage 4 'Stay at Home' restrictions in Metro Melbourne, only permitted workplaces are allowed to operate on-site, and they must have a COVIDSafe Plan in place.
- A COVIDSafe Plan is advised for businesses in regional Victoria.
- A COVIDSafe Plan must set out:
 - Your actions to help prevent the introduction of coronavirus (COVID-19) in your workplace
 - The level of face-covering or personal protective equipment (PPE) required for your workforce
 - How you will prepare for, and respond to, a suspected or confirmed case of coronavirus (COVID-19) in your workplace
 - This plan must demonstrate how you will meet all of the requirements set out by the Victorian Government. Some higher-risk industries or workplaces have additional requirements of employers and employees.

Compliance

- Rules are being enforced and fines exist for not wearing a face covering, breaching self-isolation requirements, and fines for individual and businesses who are breaching the Chief Health Officer directions.
- ADF personnel and authorised officers continue to door knock confirmed cases to ensure they are staying at home.

Call-to-Test

Service for people in Melbourne who have symptoms and cannot leave home or close contacts with no symptoms and have been told by DHHS to get tested.

Available for:

- people with an injury, chronic health issue, or frailty affecting mobility
- people with moderate to severe physical or psychosocial disability
- people with moderate to severe mental health or behavioural issues not otherwise classified as a psychosocial disability
- carers for a person with moderate to severe disability
- over fives

Call the DHHS (COVID-19) hotline on [1800 675 398](tel:1800675398) and select option 9 to assess eligibility.

Call-to-Test

Close contacts without symptoms can use the Call-to-Test service if they have been told by the Department of Health and Human Services (DHHS) to get tested and meet any of the criteria listed above.

Call the DHHS (COVID-19) hotline on [1800 675 398](tel:1800675398) and select option 9 to find out if you are eligible for this service.

Support available

- Financial support is available including a \$450 payment for people awaiting testing results, and \$1500 Coronavirus (COVID-19) Worker Support Payment for people required to self-isolate or quarantine. (Eligibility requirements).
- A variety of resources available on our website for:
 - Mental health - <https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19>
 - Mental health in business - <https://www.business.vic.gov.au/disputes-disasters-and-succession-planning/mental-health-in-business>
 - Information for people with disability - <https://www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19>
 - Information on emergency relief packages - <https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19#what-are-the-emergency-relief-packages>
 - Family violence response and support during coronavirus (COVID-19) - <https://www.dhhs.vic.gov.au/family-violence-crisis-response-and-support-during-coronavirus>
 - The Orange Door - <https://orangedoor.vic.gov.au/>
 - Get Active Victoria - <https://www.getactive.vic.gov.au/>

Public health actions

- Find all cases (**test**), find their contacts (**trace**) and isolate.
- Personal measures:
 - Hand washing, physical distancing, face coverings.
 - Get tested and stay home if unwell.
 - The Coronavirus (COVID-19) Home Safety Plan is a resource for families to plan and implement COVID Safe measures, whether at home or out in the community.
- Community-based measures
 - Public health directions e.g. worker permits, curfew, limits on sizes of gatherings / single social bubble
- Continued border management – domestic & international.

Info for health services and professionals

- **Notifications to the department of a confirmed diagnosis of coronavirus (COVID-19)** can be done online. You can submit an [online form](#) to our public health team, rather than calling us, saving you time and resolving your case load more efficiently.
- Information for healthcare workers about priority testing, advice on self-isolation, quarantine and emergency accommodation is on our website: dhhs.vic.gov.au/health-services-and-professionals-coronavirus-covid-19
- For advice, health professionals can call the dedicated hotline – phone [1800 675 398](tel:1800675398), 24 hours a day.

Clearance – cases in community

Clearance by DHHS officer

Asymptomatic cases

- 10 days since specimen taken AND no symptoms have developed

Mildly unwell

- at least 10 days have passed since the onset of symptoms AND
- resolution of fever and respiratory symptoms of the acute illness for the previous 72 hours

Clearance in hospital – nominated officer

By clinical or medical lead of infection prevention or infectious diseases unit (may be supported by Cluster Lead health services)

More severe illness: 14 days after symptom onset & resolution of fever and respiratory symptoms for 72 hours

Persistent symptoms: 14 days + substantial improvement in symptoms + 2x PCR tests after 11 days

Significantly immunocompromised: plus 2 x PCR tests – 24 hour apart >7 days after symptom onset

Public health process

DHHS notified of positive case by laboratory/ testing doctor

Workplace

- Confirm worker self-isolating
- Risk Assessment tool
- identify work close contacts for DHHS → quarantine
- Notify Worksafe
- Deep cleaning
- Closure if necessary
- Reopening only after advice from DHHS

Case

- Interviewed, close contacts identified, isolation confirmed
- Regular contact – wellbeing check
- Release from isolation after at least 10 days – DHHS for community/ nominated officer in hospital
- Written clearance emailed by DHHS
- Clearance from isolation distinct from recovery from illness
- Medical certificate may be required for ongoing symptoms if not yet fit for work e.g. lethargy

Close contacts

- Identified by case & workplace
- Regular contact from DHHS – mostly texts
- Told quarantine period (14 days from last contact)
- When to have day 11 testing
- When released from quarantine

PPE Guidance

- The four tiers as they currently stand are:
 - **Tier 0** – Currently not applicable. HCW's adopt PPE as per standard precautions.
 - **Tier 1**- Surgical mask and eye protection as a minimum. Applicable when providing care to COVID-negative patients.
 - **Tier 2** – Gloves, gown, surgical mask and eye protection. Applicable when limited contact, for short episodes of care is provided to SCOVID or COVID patients.
 - **Tier 3** – Gloves, gown, P2/N95 respirator and eye protection. Applicable when treating COVID and SCOVID patients; where there is a need for prolonged episodes of care, in uncontrolled settings and when performing aerosol generating procedures.
- All health care workers must wear (at a minimum) a level 1 or type 1 surgical mask while at work. This includes non-public facing staff.

Testing for health and aged care workers

- Health care or aged care workers should get tested if they have new COVID-19 symptoms i.e. headache, myalgia, stuffy nose, nausea, vomiting, diarrhoea).
- Current testing criteria is on our website dhhs.vic.gov.au/assessment-and-testing-criteria-coronavirus-covid-19
- DHHS has developed guidance on the [Regular surveillance testing – COVID-19](#) wards to support the support daily attestation by staff and enable routine surveillance testing for healthcare workers who work in COVID-19 wards.

Health system update

- To ensure our hospitals have the beds, equipment and staff they need to continue the fight against coronavirus (COVID-19), all Category 3 and non-urgent Category 2 elective surgery across Victoria has been paused. These restrictions apply to public and private hospitals and day procedure centres.
- Category 1 and urgent Category 2 surgeries will continue to take place.
- IVF activity will also be exempt from these restrictions.
- We have 800 intensive care unit (ICU) beds across the state, with hundreds more ready to be rapidly scaled up and down as needed to be suitable for coronavirus (COVID-19) patients. Plus we have more than 1,500 ventilators currently in Victorian health services, can access thousands more if needed to convert additional beds into ICU capacity.

Key messages for the community

- Restrictions have begun to ease, but restrictions are still in place and the **six COVIDSafe Principles** apply across Victoria:
 1. Wear a face covering or face mask when you leave home.
 2. Don't go to work if you feel unwell.
 3. Maintain physical distancing of 1.5 metres.
 4. Cough and sneeze into tissue or your elbow.
 5. Perform good hand hygiene
 6. Outdoor activities (these carry less risk than indoor activities).
- Stay healthy – keep eating a balanced diet, get regular exercise and sleep, reduce your alcohol intake, quit smoking.
- Stay connected and support each other.



Thank you

Coronavirus (COVID-19) roadmap to reopening:

<https://www.vic.gov.au/coronavirus-covid-19-restrictions-roadmaps>

Coronavirus (COVID-19) Home Safety Plan:

<https://www.dhhs.vic.gov.au/updates/coronavirus-covid-19/coronavirus-covid-19-home-safety-plan>

For the latest information: www.dhhs.vic.gov.au/coronavirus

Promotional material: <https://www.dhhs.vic.gov.au/promotional-material-coronavirus-covid-19>

Information is available in 50+ community languages at:

www.dhhs.vic.gov.au/translations

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