

IF YOU'RE OVER 70 OR IF YOU'RE OVER 60 WITH CHRONIC ILLNESS THE SAFEST THING YOU CAN DO IS SELF-ISOLATE & STAY HOME

This advice is in addition to an order which came into effect at midnight on Monday 30 March to ensure the whole community remains in their primary place of residence unless:

- shopping for food and other essential supplies that enable you to remain at home
- for medical care or compassionate needs
- to exercise
- for work and education if you cannot work or learn remotely

These measures will be in place for four weeks, with a review by the Tasmanian Government thereafter.

This is a strong message by our Premier, supported by our Mayor.

While we are asking all residents to do their shopping as infrequently as possible, those over 70 (or over 60 with chronic illness) are **implored to get friends or family members** who do not fall into these categories **to do it for you.**

People aged 70 and over should self-isolate now for their own protection



CONTACTS

Post Office - 6462 1792

Pharmacy - 6462 1395

Foodworks - 6462 1144

IGA - 6462 1244

Bakery - 6462 1337

Butcher - 6462 1435

Council - 6462 9000

CONNECT FROM HOME

Pick up the phone, put in an order, organise delivery, connect, check-in on one another, but please do so from the safety of your home.

MAKE IT CLEAR

Make sure your street number and last name are clearly visible on your letterbox or in another weatherproof location.

HELP US HELP YOU

The King Island community is at its best when working together and there are many options to get your items to you, if you do not have friends or family you would like to call on. Please speak to one of our friendly retailers.

FLATTENING THE CURVE

