

What is considered an **ESSENTIAL** reason to leave home



You can only leave your home:

- To shop for essentials like groceries, supplies that are essential for personal needs and medicine
- To receive essential health care, including to undertake a COVID-19 test or receive a COVID-19 vaccination
- To exercise outdoors for no more than one hour per day, with one other person, or your household group
- To provide essential caregiving services
- To undertake essential work

Remember, it is vital to stay home at all other times. Do not allow visitors into your home and do not visit others.

STAY HOME. STAY SAFE NSW

PLEASE CONTACT DAWAA AT 0414 743 146 OR VISIT
[HTTPS://WWW.NSW.GOV.AU/COVID-19](https://www.nsw.gov.au/covid-19) FOR MORE INFORMATION