



Lifestyle Centred Services
PO BOX 1061
Seaford VIC 3198
Phone: (03) 9483 4755
Fax: (03) 8080 5911
Email: karl@lifestylecentred.com.au

RE: SNAP LOCKDOWN ANNOUNCEMENT 15TH JULY 2021

Dear Clients and Staff of Lifestyle Centred Services,

In response to the latest unfortunate outbreak in Victoria of the highly infectious Delta variant of COVID-19, The Victorian Government has announced, on the advice of public health experts, a snap 5-day lockdown in an effort to keep Victorians safe - from 11:59pm tonight, 15th July 2021 which will last until 11:59 Tuesday 20th July 2021.

There are currently 75 exposure sites, and we are recommending you keep your eye on these to minimise the risk of this variant spreading further within the community.

You can view the current exposure sites on the Victorian Government website.

Regional Victorians are included with the snap lockdown due to the location of current cases.

From 11:59pm tonight, the following rules will apply:

- 5 reasons to leave home returns–
 - To shop for essential needs – food and medical supplies
 - To perform essential work or education
 - For care and caregiving
 - For exercise – for 2 hours a day with a person not from your household, or your partner.
 - To get tested or vaccinated
- 1 person per household to shop, for the things that you need.
- You cannot go beyond 5kms for essential reasons.
- You must wear a mask indoors and outdoors.
- You must check in using QR codes at any public venues you attend to help contact tracing efforts.

We would like to remind you how to put on a mask properly, as indicated this is *one of the best ways to prevent transmission*.

1. Clean your hands, before touching a clean surgical or cloth mask.
2. Check the mask for defects (make sure there are no holes, tears and that the mask is dry.)
3. Find the top of the mask, which will have a pocket which must sit over your nose.
4. Adjust any bendable nosepiece to fit your nose. If you wear glasses, you might like to tuck this under the rim of your glasses to ensure a snug fit.
5. Fit the mask to your face and under your chin. To be effective, the mask must be fitted over your nose and mouth.
6. Slip the ear straps behind your ears.

If you need any assistance at this time, or you are needing support with your mental health, please call any of the following services:




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Name of Service	Phone	Text Service	Web Chat
Lifeline	Ph 13 11 14 (24 hours/7 days)	Text: 0477 13 11 14 (6pm – midnight AEDT, 7 nights)	Chat Online (7pm-Midnight, 7 Nights)
Beyond Blue	Ph 1300 22 4636 (24 hours/7 days)		
Suicide Call Back Service	Ph 1300 059 467		
Kids Helpline	Ph 1800 551 800		
Family Relationship Advice Line	Ph 1800 050 321		
Sexual Assault, Domestic or Family Violence and Abuse – 1800 RESPECT	Ph 1800 737 732		
Mensline	Ph 1300 78 99 78		
QLife	Ph 1800 184 527		

We will continue to update you as the situation changes. If you have any queries or concerns, please don't hesitate to get in contact with a member of our team.

Yours faithfully,



Karl Ellaway
Director



LIFESTYLE CENTRED SERVICES
Specialised Adult & Children's Services

PO Box 1061, Seaford VIC 3198
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For urgent correspondence please contact (03) 9483 4755

www.lifestylecentred.com.au