



NSW Health is particularly concerned about the growing number of COVID-19 cases in South West Sydney. There are a large number of cases in the area, and it is becoming more common in young people. COVID-19 is very serious. It can cause severe illness and death in people of all ages. The next few days are critical and we need everyone to play their part to protect our community.

This means the ONLY reasons you should leave home include:

- Shopping for food or other essential goods and services but make sure you do it alone, and only one per day
- Medical care or compassionate needs (COVID-19 testing and vaccination is a reason to leave home)
- Exercise outdoors (max 2 people outside household)
- Essential work, or education, where you cannot work or study from home.

Masks must be worn when indoors, except when at home. Importantly, you should not have visitors to your house. Don't forget everyone in your family should get tested if anyone has COVID or has come into contact with someone with COVID.

Visit nsw.gov.au for the latest information on [restrictions](#), [testing clinic locations](#), [case locations](#), [face mask rules](#) and information on [vaccination](#)

NSW Health social media channels to follow and share from are:

- Facebook: [NSW Health | Facebook](#)
- Twitter: [NSW Health \(@NSWHealth\) / Twitter](#)
- Instagram: [NSW Health \(@newsouthwaleshealth\) • Instagram photos and videos](#)