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## The ACT is in lockdown

Only leave your home for essential reasons. [Find out more.](#)

# Reasons why you can leave home

You can leave your home for the permitted purposes with one other person, or more than two people if all from the same household.

You can be accompanied by more than one person if:

- the person requires physical assistance to leave their **residence**
- it is reasonably necessary for the safety of the person or the public
- the other person is a carer or support worker for the person
- there is no other reasonable way for the approved reason to be achieved.

**Stay at home** unless:

- To undertake essential work or study, if they cannot work or study from home or remotely.
  - Employers must allow an employee to work from home if it is reasonably practicable to do so.
- To access childcare or school including schools, early childhood education and care and out of school hours care, to the extent that care cannot reasonably be obtained in the person's residence (ie. parents or carers who cannot work from home).
- To shop for essentials like groceries, medicine, and supplies that are essential for personal needs or for vulnerable people within your region.
- To attend to medical or health care needs including compassionate requirements and looking after the vulnerable.
- To visit a terminally ill relative.
- To attend a facility to obtain a COVID-19 test

- To attend a facility to receive a COVID-19 vaccination, where the individual is eligible for a vaccination in the ACT, an appointment has been booked, and the individual is not in isolation or in quarantine.
- To exercise outdoors limited to one hour per day, with one other person (excluding any dependent children), or more than two people only if all from the same household. Individuals should remain within their regions (eg, Belconnen, Gungahlin, Tuggeranong) and minimise travel wherever possible.
- For essential animal welfare purposes (e.g. to feed pets or livestock that live elsewhere where there is no-one on site to feed them).
- To access care services for people with particular needs because of homelessness, family violence, age, infirmity, disability, illness or a chronic health condition or other essential support services.
- Continue existing arrangements for access to, and contact between, parents and children (child access)
- To attend a facility to donate blood.
- Attend a funeral or a wedding (in accordance with conditions for funerals and weddings).
- To provide assistance, care or support to another person who is not ordinarily a member of the same household;
- To return to your principal place of residence .
- Move to a new place of residence or between different places of residence (either within the ACT or in another jurisdiction).
  - Note: If leaving the ACT you must ensure you comply with another jurisdiction's travel requirements prior to entering.
- Fulfill or undertake any legal obligations (eg to attend any court or tribunal of Australia).
- To assist with or participate in an investigation or other action by a law enforcement authority, whether voluntarily or not.
- To comply with or give effect to the exercise of a power or function of a government agency or entity under a law.
- To access another essential service as permitted by the Public Health Direction (eg essential and time critical consular and diplomatic services)
- For law enforcement or emergency purposes.

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