

COVID-19 Update – August 10, 2021

To Our Members,

To protect the people of NSW from the evolving COVID-19 outbreak, new restrictions have been introduced for several local government areas across NSW over the past few days.

Newcastle, Lake Macquarie, Cessnock, Maitland, Port Stephens, Singleton, Dungog, Muswellbrook local government areas

- Stay at home rules apply if you live in or were in the local government areas of Newcastle, Cessnock, Dungog, Lake Macquarie, Maitland, Muswellbrook, Port Stephens or Singleton on or after **Saturday 31 July 2021**.
- If you live in or have left the area, you must follow the stay-at-home rules until 11:59pm on Thursday 12 August 2021.

Armidale Regional local government area

- Stay at home rules apply if you live in or were in the Armidale Regional local government area on or after **Thursday 29 July 2021**.
- If you live in or have left the area, you must follow the stay-at-home rules until 12.01am Sunday 15 August 2021.

Tamworth Regional local government area

- Stay at home rules apply if you live in or were in the Tamworth Regional local government area on or after **Thursday 5 August 2021**.
- If you live in or have left the area, you must follow the stay-at-home rules until 12.01am Tuesday 17 August 2021.

Penrith suburbs additional restrictions

From 5pm on 8 August 2021, the suburbs of Caddens, Claremont Meadows, Colyton, Erskine Park, Kemps Creek, Kingswood, Mount Vernon, North St Marys, Orchard Hills, Oxley Park, St Clair, and St Mary's will now be part of [areas of concern and have additional restrictions](#).

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Of note for the sport and active recreation sector, residents of the above suburbs are subject to the following requirements for exercise and outdoor recreation:

- Stay within 5km of your home.
- You cannot exercise or take outdoor recreation more than 5km from your home.
- If travelling by a private vehicle (car), do not share a car with people you do not live with, except for your [nominated visitor](#) ("singles bubble").
- You can exercise with 1 other person that you do not live with or your nominated visitor ("singles bubble").
- If you live with more than 2 other people, you can all go out together for exercise.