



# Be COVID ready

Most people who get COVID will have mild symptoms (especially if they are vaccinated and otherwise healthy) and will be able to manage their symptoms at home. Some people can get very sick, so we all need to do our bit to keep safe.



If you get COVID it's important to stay home so you don't spread sickness. You should stay at home for 5 days and until your symptoms are gone.

Many people in WA have had COVID already, but the COVID virus is still around and you can catch it more than once. There are a few things you can do to be COVID-ready and keep yourself and community safe. Being prepared also makes staying home easier so you can rest and recover.

## Keep up to date with vaccinations

Getting vaccinated is the best way to protect yourself and your community against COVID. If you are vaccinated, you are less likely to get very sick and end up in hospital or even die from COVID.

Make sure you keep up to date with all your recommended doses and boosters to keep you safe.



## Have a plan in case you get sick

You could get sick from COVID and have to go to hospital, or you might be too unwell to care for people you usually look after. You should consider:

- who will care for your children, pets or other people you usually care for, if you can't?
- who can the health team call, to give updates to, if you have to go to hospital?
- how can people find out important health information about you or your family if you are too sick to tell them (e.g. your child has an allergy, or you need regular medication)?



Share your plan and important information with people who can help if needed. This could be your healthcare worker or doctor, your support or disability worker, hospital staff or a trusted family member or friend.

## Have a COVID-ready kit with enough food and essential supplies at home

If you get COVID you should stay home until you are better. Staying home for 5 days and until your symptoms are gone will help to stop sickness spreading. Make sure you keep enough supplies at home, so you don't need to go out if you get COVID.

See over for a COVID-ready kit checklist.

## Be COVID ready checklist

Tick items off as you prepare:

- Thermometer** to check for a fever.
- Pain relief medication** to help aches, pains and fevers.
- Electrolytes** to help with dehydration.
- Masks, soap, hand-sanitiser and cleaning products** to keep your household safe.
- Rapid antigen tests (RAT)**: You can get free RATs from the WA government. To find out where you can collect them, visit <https://www.wa.gov.au/government/covid-19-coronavirus/covid-19-coronavirus-wa-free-rat-program>
- Your **regular medications** and scripts. Talk to your doctor and pharmacy about how to get your medication if you have to stay at home.
- Your **COVID care plan** with important health information about you and your family. Include any care arrangements for children and pets if you are sick and need to go to hospital.
- Food and essentials** (e.g. nappies) – Do you have enough to last a few days or do you have a plan on how you can get more if you run out (e.g. a support person or a delivery from a shop)? Don't forget about your pets.
- Phone numbers and phone credit** – numbers for people you can call if you need help e.g. a support person/friend, your usual doctor or local clinic etc.
- Stay at home activities** – playing cards, jigsaws, colouring in books and pencils.

## Find out about COVID medications

Some people at risk of getting very sick from COVID may be eligible for special COVID medications. These antiviral medications only work if taken within 5 days of getting symptoms, so you need to tell your doctor you have COVID as soon as you can.

Have a yarn with your doctor or healthcare worker at your next check-up to find out if you're eligible and how you can get the medication if you test positive.



## Know when to get medical help



Let your doctor or healthcare worker know if you have COVID. They may be able to offer extra support and can check on any existing health conditions you have.

If you have COVID and your symptoms are getting worse, you should contact your doctor or clinic for health advice. If your doctor isn't available, you can also contact HealthDirect (free service) or an after-hours GP telehealth service (some telehealth providers may charge a fee) for health advice.

See over for contact numbers.

HealthDirect	1800 022 222 – free service (choose option 3 for a medical assessment)
Dial-A-Doctor	1300 030 030
DoctorDoctor	13 26 60
Get Better	1800 238 837
Home Doctor	137 425
Night Doctor	1300 644 483
Perth Home GP	1300 815 321 (normal hours and after hours)
WADMS#	9321 9133 (normal hours and after hours)

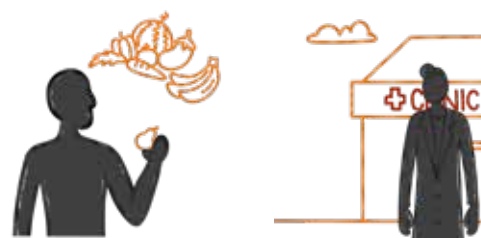
## Go to the hospital or call 000 if you have severe symptoms like:

- difficulty breathing even when walking around the house
- coughing up blood
- significant chest pain
- collapse or fainting.



## Always follow true advice and stay strong and healthy

- Follow true advice from your community leaders and healthcare workers
- Keep up your regular health appointments
- Exercise regularly
- Eat good healthy food



## For more help

Mental Health	1300 224 636 (Beyond Blue) or 1800 048 636 (24-hour Crisis Support Line)
Drug & Alcohol	9442 5000 (24-hour Support Line)
Sexual, domestic family violence	1800 RESPECT or 1800 737 732
Kids Helpline	800 55 1800 (24-hours)
Emergency Dental	0429 441 162
National Coronavirus Helpline	1800 020 080
WA Health advice	<a href="http://www.healthywa.wa.gov.au">www.healthywa.wa.gov.au</a>

This document can be made available in alternative formats on request for a person with disability.

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