



# Assistance for people in quarantine or isolation

## How do I manage food or medication?

- Ask your family/friends/others for assistance, such as to obtain groceries or medication.
- Consider using on-line shopping to order groceries and contacting your local pharmacy directly to organise supply of regular medication.
- Ask people making deliveries to your home/accommodation to leave the items at the door or in your letterbox.
- If you are unable to access food, medication or other essential items via family, friends or on-line shopping contact 13 COVID (132 6843).

## Emergency

- You are permitted to leave your home during self-quarantine or self-isolation if it is a medical emergency or if there is a risk to your immediate safety.
- If it is an emergency call 000 and let emergency services know you are in isolation or quarantine.

## Medical assistance

- If you require urgent medical assistance, you may travel to a hospital by private vehicle, taxi, or rideshare service but you must not use public transport such as a bus or train. You must let your driver know that you are in isolation or quarantine.
- Contact WA Police (13 14 44) and inform them that you have left quarantine or isolation to travel to hospital.
- If you're not travelling to the hospital by ambulance, call the hospital before you arrive to inform them you are in quarantine or isolation and inform hospital staff immediately on arrival.
- You must wear a [face mask](#) from the time you leave your place of quarantine or isolation, until you return to that place.

## Non-urgent medical assistance

- For non-urgent medical assistance call Health Direct on 1800 020 080 or call your General Practitioner (GP) in WA for advice. You must inform them that you are in quarantine or isolation.
- Please see a list of contact details for after-hours GP services available in WA on the following page.

If you do not have a GP in WA, please contact an after-hours GP service below for non-urgent medical assistance.

Service	Contact number	Website	Telehealth	Day time consults	Interpreters	Fees may be applicable
Night Dr	1300 644 483	<a href="https://nightdr.com.au/">https://nightdr.com.au/</a>	✓	X	✓	✓
Perth Home GP	1300 815 321	<a href="https://perthhomegp.com.au/">https://perthhomegp.com.au/</a>	✓	✓	✓	✓
After Hours Home Doctor	1300 378 663	<a href="https://www.afterhourshomedoctorwa.com.au">https://www.afterhourshomedoctorwa.com.au</a>	✓	X	X	✓
Dial a Doctor	1300 030 030	<a href="https://www.dial-a-doctor.com.au/perth">https://www.dial-a-doctor.com.au/perth</a>	✓	X	X	✓
Doctor Doctor	13 26 60	<a href="https://www.doctordoctor.com.au/">https://www.doctordoctor.com.au/</a>	✓	X	X	✓
Get Better	1800 238 837	<a href="https://www.getbetter.com.au/">https://www.getbetter.com.au/</a>	✓	X	✓	✓
Home Doctor	13 74 25	<a href="http://homedoctor.com.au/locations/perth">http://homedoctor.com.au/locations/perth</a>	✓	X	X	✓

## Other assistance

- If you require **emergency welfare support** call the Welfare COVID hotline on (08) 9223 1181.
- If you require **emergency dental** assistance call 0429 441 162.
- If you require immediate **mental health** assistance call Beyond Blue on 1300 224 636.
- If you require urgent assistance and accommodation support related to **family or domestic violence** call Crisis Care on (08) 9223 1111 or 1800 199 008.
- If you need advice, information or support whilst dealing with **sexual, domestic or family violence** call 1800RESPECT or visit their [website](#) (and call 000 in any sexual, domestic or family violence emergency, or 131 444 for non-urgent police assistance).
- If you need **emergency police** assistance call 000.

## More information:

- 13 COVID (132 6843) operates 7 days a week, 8.00am to 6.00pm
- [www.healthywa.wa.gov.au/coronavirus](http://www.healthywa.wa.gov.au/coronavirus)

If you need help translating information within this document, call the Translating and Interpreting Service on **131 450**.

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

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