



Get 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.

If you get COVID you will need to isolate at home. You won't be able to go to the shops and you cannot have visitors, so here are a few steps you can take to be prepared and keep safe.

1. Prepare a **Get COVID-ready kit** – see next page.
2. **Get vaccinated** including your booster.
3. Prepare a **COVID care plan**.

Get vaccinated

If you are vaccinated, you are less likely to get very sick and end up in hospital or die from COVID.

You need 2 doses to stop you getting very sick and the booster to keep you safe.



COVID care plan

This is a plan that has important information about you, your health and people in your household.

You can share your plan with:

- Your health worker or doctor
- Support workers including family and/or disability worker
- Hospital staff
- A family member or friend.



Medical help

If you have COVID, you should contact your doctor or clinic if you:

- are not getting better after 2 or 3 days
- have a chronic health condition
- are pregnant
- are aged over 50 years for Aboriginal people
- are not vaccinated.



You should 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.



Where to get more help?

- 13 COVID: 13 26843
- HealthDirect: 1800 022 222
- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636
- healthywa.wa.gov.au/coronavirus



Your Get COVID-ready kit

Tick items off as you prepare

- Thermometer:** To check your temperature. A fever is a temperature of 38°C or higher.
- Pain relief:** Paracetamol or ibuprofen can help aches, pains and fevers (follow the directions).
- Masks, hand-sanitisers and gloves.**
- Rapid antigen test (RAT):** Concession card holders can get some for free at a pharmacy.
- Your **regular medications** and Webster pack or scripts: Try and keep two weeks supply. Talk to your doctor and pharmacy about how to get your medication if you have to stay at home.
- Oral rehydration products:** Water and rehydration products (like hydrolytes) are the best way to treat mild dehydration. Some people with COVID may get dehydrated if they have vomiting or diarrhoea.
- A plan** for who can look after your children, pets, or people in your care, in case you are too unwell or have to go to the hospital.
- A plan** for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies, baby milk.
- Phone numbers:** people you can call if you need help e.g. a support person/friend, your usual doctor or local clinic etc.
- Cleaning products.**
- Stay at home activities:** playing cards, jigsaws, colouring in books and pencils.
- Phone credit.**

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

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