



GET COVID-READY

16 February 2022



My COVID-Ready Checklist

It's important to prepare yourself in case you or a household member gets COVID-19 or you become a close contact of a positive case.

If you test positive to COVID-19 you will need to isolate at home until you are told you can leave. Use this checklist to prepare.

- Assess whether I have suitable accommodation to isolate in (see 'What is suitable accommodation?')
- Pain relief medication and oral rehydration solution
- My regular household's prescribed medication
- Soap and hand sanitiser
- Masks and disposable gloves
- Tissues and cleaning products
- A plan for how I will get food and essentials for at least one week
- A plan for who can look after my children, pets, or people in my care if I have to go to hospital
- Phone numbers for people outside my home who can help me
- Stay at home activities to keep me/us entertained

Where to get more help

- Speak to your General Practitioner
- 13 COVID – 13 268 43
(for WA COVID information)
- Health Direct – 1800 022 222
(for non-urgent medical advice)
- Beyond Blue – 1800 512 348
(for mental health support)
- Lifeline – 13 11 14
(for urgent mental health support)
- In case of emergency call 000.

Mandatory registration of positive Rapid Antigen Test (RAT) results

RATs may be provided when you present for a PCR test (to help manage demand) and are available for purchase at various stores, pharmacies and online stores.

If you self-administer a RAT and test positive, you must register your results with the Department of Health on 13 268 43 or at www.healthywa.wa.gov.au/ratregister

What is suitable accommodation?

If you share a room or home with other people, ensure you can sleep in a room not used by anyone else. Use a separate bathroom, if possible.

Use your own personal items (i.e. cups, towels, toothpaste) and do not share these with others. Eat apart from the rest of the household. Wear a mask if you must be around other people.

For current information about COVID-19

Scan the QR code or visit www.wa.gov.au and search 'COVID-19 coronavirus: Latest updates'. You can also phone 13 COVID (13 268 43) and see www.healthywa.wa.gov.au.

For news and updates from Shire of Mundaring see www.mundaring.wa.gov.au/community/covid-19-in-our-community





My COVID-Ready Kit

THINGS TO DO DURING THE COVID-19 PANDEMIC



1. Stay up to date with recommended COVID-19 vaccinations
2. Maintain physical distancing plus hand and respiratory hygiene
3. Use the SafeWA/ServiceWA apps to assist contact tracing
4. Maintain contact with your employer
5. Talk to your doctor if you have concerns
6. Keep fit and stay on top of any health condition/s
7. Keep your other vaccinations up to date, especially for influenza
8. If you become unwell with possible symptoms, stay home and get a test
9. Follow directions of health authorities in the event of a local outbreak

THINGS TO THINK ABOUT AS CASES INCREASE



1. All of the above plus these next steps
2. Develop a social bubble and limit interactions outside your bubble
3. Change or avoid non-essential activities where you are exposed to people outside of your bubble, where possible
4. Change or avoid activities shown to have increased risk (e.g. indoor activities, singing, planned holidays or travel)
5. Change some of your activities to reduce your interactions (i.e. online shopping or online banking)
6. Discuss a workplace plan with your employer and review any controls in place to reduce your risk of exposure e.g. work from home
7. Stay healthy and stay in touch with friends and family

TAKE CARE OF YOURSELF



- Make sure you continue with your appointments to see your GP, but consider if they can be conducted via telehealth (videoconference or phone)
- Ask your GP about electronic prescriptions rather than paper-based
- Call your local pharmacy to ask about home delivery of medicines

Follow all State health mandates and consider:

- your personal or individual risk
- the transmission of COVID-19 where you live and where you travel
- which interactions and activities are important to you and can be done safely
- when you are comfortable to participate and when you might be less comfortable to engage (this will depend on the number of cases in the community)

There are different degrees of risks of virus exposure, depending on the activity, setting or event.

Some types of activities, events and settings may increase the risk of contracting COVID-19 illness.

These include activities that:

- are in closed or indoor environments
- have large numbers of people in close contact (e.g. public transport at peak hour, weddings or other large gatherings)
- require sharing amenities or accommodation with others
- require physical activity and close contact (e.g. dancing or contact sport)
- require vocalising in an indoor environment
- are longer. The risk increases with time (for exposure and transmission)