

## Prepare a Get COVID-Ready kit

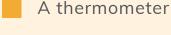
Now is the time to make preparations for directions to isolate in the event of a positive COVID-19 result.

Check items off as you prepare...

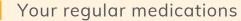
## $\checkmark$



You will need:



Pain relief



- A plan for who can look after your children, pets, or people in your care if you have to go to hospital
  - Masks, sanitisers and gloves
- A plan for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies and baby formula
- Phone numbers for people outside your home you can call for help
  - Stay-at-home activities

## Where to get more help?

Your local GP or GP Respiratory Clinic -(visit <u>wapha.org.au/gprc</u> for more info)

WA COVID at Home - 13 26 843

(8am-6pm) WA Health - 1800 595 206 (8am-6pm) 13 COVID - 13 26843 (8am-6pm) WA Health Interpreter Service - 13 14 50 Coronavirus Health Information Line -1800 020 080 healthdirect - 1800 022 222 Coronavirus Mental Wellbeing Support Service - 1800 512 348 Mental Health Emergency Response Line -1300 555 788 (Perth Metro) / 1800 676 822 (Peel Region)

Rurallink - 1800 552 002 (Country WA -

4:30pm-8:30am Mon-Fri, 24 hours Sat-Sun)

Lifeline - 13 11 14

Beyond Blue - 1300 22 463

In an emergency - always phone 000

\*Information current at March 2022





Further information Visit www.healthywa.wa.gov.au/COVID19

This document is based on a resource originally developed by the Oueensland Government