



# COVID-19-ready kit

This checklist can help you make a plan so if you, or someone in your household, tests positive for COVID-19 and needs to isolate you are prepared.

## COVID-ready checklist

- Make sure you and your household are up to date with your vaccinations. You can make an appointment via the [Vaccine Clinic Finder](#).
- Check you have general medications at home to manage cold and flu symptoms and supply of your regular medication.
- Ensure you have pain relief, rapid antigen tests (RAT), a thermometer.
- Find out if you are eligible for free RATs if you are a concession card holder.
- Have a supply of personal protective equipment, including masks, hand sanitisers, disinfectant/antibacterial wipes and gloves.
- Plan for how you'll get food and essentials while in isolation. Become familiar with ordering online where possible, and chat with your friends or family to see if someone could leave food at your door.
- Check in with family, friends or neighbours and community members to see if they need support or supplies in case someone tests positive.
- Have the numbers of service providers handy, like the National Coronavirus Helpline, so you can be connected to community pathway supports when you need them.

## If you test positive to COVID-19

Australia's high vaccination rates mean most people are well protected from the risk of severe illness and hospitalisation from COVID-19. If you do test positive to COVID-19, you may experience mild symptoms or no symptoms at all. However, others may experience severe symptoms and become very unwell. There is an increased chance of experiencing more severe symptoms if you are not vaccinated. If you need help or are concerned about your symptoms there are several resources available to help you.

**National Coronavirus Helpline (1800 020 080):** You can call the National Coronavirus Helpline for advice about managing your symptoms, COVID-19 vaccines or isolation

requirements in your state or territory. The helpline operates 24 hours a day, 7 days a week.

If you don't speak English, the helpline has an option to connect you directly to an interpreting service or you can call TIS National on 131 450 and you will be connected to the helpline as a priority.

[Healthdirect Symptom Checker](#): This online tool provides advice on the next healthcare steps to take based on your symptoms, including self-care, talking to a health professional and when to go to hospital or call triple zero (000). It also helps you understand symptoms and possible signs of severe illness and complications.

[Head to Health](#): Provides digital mental health resources from trusted service providers like the Recharge app and headspace resources including 7 ways to support a young person's healthy headspace.

[Royal Australian College of General Practitioners \(RACGP\) Guide: Managing COVID-19 at home with assistance from your GP](#): A guide to help people with COVID-19 manage their symptoms at home with assistance from their GP.

[Australian Government Department of Health COVID-19 website](#): Provides information about the coronavirus (COVID-19) pandemic, how to protect yourself and your family, where and when you can get vaccinated, and the current situation in Australia.

#### Testing positive checklist:

- If you test positive, you must isolate at home for at least seven days from the day you had your test. Refer to your [state or territory directions](#).
- Notify members of your household, school or employer that you have tested positive.
- If you took a RAT, you must let health authorities know you have tested positive. Follow your [local health advice](#) to register as a COVID-19 positive case.
- Get plenty of rest, eat well, and drink lots of fluids. Take the treatments you would normally take for a cold or flu if needed to manage the symptoms and keep taking any regular medications.
- Reach out to family and friends by phone or videocall. It is important you look after your mental health, as well as your physical health, while isolating.
- Call the National Coronavirus Helpline on 1800 020 080 (24 hours/7 days a week), your doctor or Beyond Blue if you need mental health support. You can also visit [www.headtohealth.gov.au](http://www.headtohealth.gov.au) for online support and the Managing COVID-19 hub on [healthdirect](#).

#### Remember!

- Get tested if you have cold or flu symptoms or if you're a close contact of someone who has COVID-19. Isolate at home until you receive your result.
- If you are in a [vulnerable population group](#) and test positive to COVID-19, please call your doctor or the National Coronavirus Helpline on 1800 020 080 (open 24

hours/7 days a week). They can tell you whether you are eligible for any [treatments](#) to protect you from becoming very unwell.

- If you become seriously unwell, especially if you are having difficulty breathing, have chest pain, or feel faint, you should call 000 for an ambulance immediately. It is very important you don't delay because these are signs you need urgent medical attention.

## What to do if...

### I'm bored

Think about some activities that you can save to do if, in the event, you get COVID-19 and make a list. You may have a book or a movie that you can hold back on reading or watching to have something to look forward to during isolation. Look at activities you can do at home that you have always wanted to try, but not had time to, like meditation or learning a new skill. Make sure you have the things you need to try these new activities on hand.

### The children are bored

If you're isolating as a close contact or have COVID-19 with children in your home, reassure them that it's only a temporary 'at home' phase and perhaps make a count down so they can track how many days are left. To tackle boredom, remember to keep routines and structure in place as much as possible as well as free time and play.

### Here are some ways to say goodbye to boredom:

1. Plan together with your children one (or more) activity for each day of isolation so they get a say and have things to look forward to.
2. Have your kids write letters to friends and family and get them ready to post when you're out of isolation.
3. Search the web for arts and craft ideas and use everyday items to create something beautiful.
4. Build a fort in the loungeroom with pillows and sheets and go living room camping.
5. Get baking and host a bake off to spark some friendly competition.
6. Start a family DIY project – you could fix up old furniture around the house, paint the fence or create some art for the walls.

### I'm worried about my symptoms

For peace of mind and further information, you can call the National Coronavirus Helpline (1800 020 080) or visit the healthdirect COVID- 19 [Symptom Checker](#). To determine the severity of your symptoms you will go through a series of questions based on clinical guidelines about mild, moderate and severe COVID- 19 symptoms. You will find out:

- What to do – based on the information you enter into symptom checker, you'll receive advice on the next healthcare steps, whether it's self-care, talking to a health professional, going to a hospital or calling triple zero (000).

- Where to go – if you are advised to seek medical help, you'll be connected to the health service finder to find the nearest healthcare provider to you.
- More about your symptoms – further information about your symptoms, and possible causes, and mental health care from trusted Australian healthcare organisations.

### I'm going stir crazy

Sometimes when stuck indoors for long periods of time, it can feel as though you're going 'stir crazy'. It might help to remember you will only be isolating for seven days from the day you had your COVID-19 test or seven days since you last had contact with the person who has COVID-19.

There are some simple measures that you can take to help you adapt and feel at ease while isolating.

- structure your day so you don't feel so out of routine
- do some light exercise using an online program or app if you feel well enough
- reorganise and move furniture around for a new look
- if you have a garden or even a balcony go outside and do some gardening
- try breathing exercises, muscle relaxation and guided visualisation to help relieve stress from your body and mind
- maintain social contact online or by phone.

### I'm feeling sad or low

The ongoing impacts of the COVID-19 pandemic have caused significant disruption for many Australians, particularly when you are required to isolate as a close contact or positive case. Many people feel overwhelmed by the constant news and amount of information about the pandemic. Managing your mental health during this time of change and uncertainty and during isolation can be a challenge.

#### **Remember to:**

##### **Maintain a healthy lifestyle:**

- Set up a daily routine - Plan activities that are fun (such as reading, watching movies, hobbies) and that give you a sense of achievement (such as cleaning, completing work tasks, learning a new skill).
- Stay active - create a light exercise routine if you are well enough that can be completed at home, to maintain physical fitness and reduce stress.
- Eat well - plan and eat a variety of nutritious meals.
- Stay connected with friends and family - reach out via phone, chat, email, or video conferencing.

##### **Stay informed:**

- Getting information from trusted sources can help you determine reasonable precautions to take to maintain your health. Visit the 'Stay up to date' section on the [Head to Health website](#).

**Stay positive:**

- Remember this time may be unpleasant, but it will pass. What you say to yourself is important. Listen to the things you are saying to yourself and change negative comments to be more helpful and realistic.

**Seek support:**

- Visit [Head to Health](#) for information, tips and resources to support you and your loved ones' mental health during this time and reach out to your GP via telehealth if you require further support.
- If you don't have a GP, you can find a list of GPs in your area by using healthdirect's [Service Finder](#).

**I can't work and I'm worried about money**

If you're unable to work and earn income because you must quarantine or isolate, you may be able to get the Pandemic Leave Disaster Payment if both of these apply:

- you can't work and earn income; and
- you or someone you're caring for must isolate or quarantine due to COVID-19.

You will not be eligible for this payment if you're already receiving an income support payment or have appropriate leave entitlements.

If you're eligible for a payment and are in severe financial hardship, you may be eligible for the Crisis Payment for National Health Emergency (COVID-19) if you, or a person you are caring for, had to enter quarantine or isolation.

To qualify you must:

- be receiving, or eligible for, an income support payment or ABSTUDY Living Allowance
- be in severe financial hardship, and
- be able to provide the right kind of evidence to support your claim.

Depending on your circumstances, you may be eligible for other available crisis payments.

If you need ongoing financial support, another payment or service, or more information about how to access a Centrelink payment, please visit the [Services Australia website](#).

**Vaccination after testing positive to COVID-19**

It's important to stay up to date with your vaccinations. People who have had COVID-19, including those who had no symptoms, still need to complete the vaccination schedule for their age and health needs. The following links provide the most up to date information on:

- [Vaccinations after testing positive to COVID-19](#)
- [COVID-19 vaccination schedule](#)
- [Managing COVID- 19 at home](#)
- [Managing symptoms](#)

- [Long COVID symptoms and support.](#)