



Get

COVID-READY



## 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...



You will need:

- A thermometer
- Pain relief
- Your regular medications
- 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 [wapha.org.au/gprc](http://wapha.org.au/gprc) 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](http://www.healthywa.wa.gov.au/COVID19)

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