

My COVID-Ready Checklist

Now is the time to prepare yourself and your home in case you receive a positive COVID-19 test or 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:



- Make sure I have a suitable place to isolate (see *What is suitable accommodation**)
- A thermometer, pain relief medication, hydration solution and all of my regular medication
- A plan for who can look after my children, pets, or people in my care if I have to go to hospital
- Soap and hand sanitiser
- Masks and disposable gloves
- Tissues and cleaning products
- A plan for how I will get food and essentials for up to seven (7) days
- Phone numbers for people outside my home who can help me
- Stay-at-home activities to stay entertained



Where to get more help?

- My GP or Doctor
- 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



*What is suitable accommodation?

If you share a room or home with other people, make sure that you can sleep in a room that isn't used by anyone else. Use a separate bathroom, if possible. Use your own personal items (like 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.



Please use the Covid-Ready Plans to help you prepare. Scan the QR Code or download them at www.armadale.wa.gov.au Plans can also be collected from the City's Libraries and Administration Building

For current information on COVID-19

13 COVID – 13 26843 | www.healthywa.wa.gov.au



My COVID-Ready Action Plan

No COVID-19 cases in the community

THINGS I CAN DO AT ANY TIME

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| <ol style="list-style-type: none">1. Get vaccinated against COVID-192. Maintain physical distancing, regularly wash hands and wear a mask, as directed3. Download the ServiceWA app4. Talk to my employer and develop a COVID-Ready work plan5. Talk to my GP or doctor about any health concerns | <ol style="list-style-type: none">6. Stay on top of any pre-existing health conditions7. Keep other vaccinations up to date, especially for influenza8. If I become unwell with possible symptoms, stay home and get a test9. Stay up to date with latest developments in and around my community |
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Low numbers of COVID-19 cases in the community

THINGS TO THINK ABOUT ADDING TO MY PLAN

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| <ol style="list-style-type: none">1. All above plus the next steps in my plan2. Develop a social bubble and limit interactions outside my bubble3. Change or avoid non-essential activities where I could be exposed to people outside of my bubble4. Change or avoid activities shown to have increased risk (indoor activities, singing, planned holidays or travel) | <ol style="list-style-type: none">5. Change some of my activities to reduce interactions (such as move to online shopping or online banking)6. Discuss my COVID-Ready work plan with my employer and review any controls in place to reduce exposure risks7. Review my health plan with my GP or doctor8. Prepare for a possible increase in community cases |
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Increasing COVID-19 cases in the community

THINGS TO THINK ABOUT ADDING TO MY PLAN

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| <ol style="list-style-type: none">1. All above plus the next steps in my plan2. Stay at home except for essential activities3. Activate my COVID-Ready work plan and continue to work from home if ongoing risks are identified at my workplace | <ol style="list-style-type: none">4. Stay healthy5. Keep in touch with friends and family by phone or other digital channels |
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When considering the COVID-19 vaccination, please remember:

- my personal or individual risk
- the local transmission of COVID-19 where I live and any places I frequently visit
- which interactions and activities are important to me and can be done safely
- when I feel comfortable to participate and when I might be less comfortable to engage (this will depend on the number of cases in the community)

There are varying 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

These include activities that:

- are in closed or indoor environments (e.g. choirs or singing in church)
- have large numbers of people in close contact
- (e.g. public transport at peak hour, weddings or other large gatherings)
- require physical activity and close contact (e.g. dancing or contact sport)
- require vocalising in an indoor environment
- require sharing objects with others (e.g. utensils at a buffet)
- require sharing accommodation or amenities with others (e.g. a cruise ships)
- are longer as the exposure and transmission risk increases with time

Tips:

- When eligible, get my booster vaccination (third dose)
- Continue with my health appointments but ask about using telehealth (videoconference or phone)
- Ask my GP or doctor about electronic prescriptions rather than paper-based
- Ask my pharmacist if there are options for home delivery of medicines