

## 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:**



- Assess whether I have suitable accommodation to isolate in (see *What is suitable accommodation*)
- A thermometer and pulse Oximeter (optional) to measure oxygen levels in your blood and heart rate.
- Pain relief medication and oral rehydration solution
- My regular household's 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 2 weeks
- Phone numbers for people outside my home who can help me
- Stay-at-home activities to keep you entertained



## Where to get more help?

- 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



## 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 (like cups, towels, toothpaste) and not share these with other. Eat apart from the rest of the household. Wear a mask if you must be around other people."



The City has developed Covid-Ready Plans to help you prepare. Scan the QR Code or download them at [www.albany.wa.gov.au](http://www.albany.wa.gov.au). Plans can also be collected from the Albany Public Library and Albany Leisure and Aquatic Centre.

For current information on COVID-19

13 COVID – 13 26843 | [www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)



## My COVID-Ready Action Plan

### No COVID-19 cases in your community

#### THINGS TO DO AT ALL STAGES

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| <ol style="list-style-type: none"><li>1. Get vaccinated against COVID-19</li><li>2. Maintain physical distancing and hand and respiratory hygiene</li><li>3. Download the COVDSAFE app</li><li>4. If you work, talk to your employer and develop a COVIDsafe work plan</li><li>5. Talk to your doctor if you have concerns</li></ol> | <ol style="list-style-type: none"><li>6. Keep fit and stay on top of your health condition</li><li>7. Keep your other vaccinations up to date, especially for influenza</li><li>8. If you become unwell with possible symptoms, stay home and get a test</li><li>9. Stay up to date with local cases</li></ol> |
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### Low numbers of COVID-19 cases in your community

#### THINGS TO THINK ABOUT ADDING TO YOUR PLAN

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| <ol style="list-style-type: none"><li>1. All above plus the next steps in your plan</li><li>2. Develop a social bubble and limit interactions outside your bubble.</li><li>3. Change or avoid non-essential activities where you are exposed to people outside your bubble.</li><li>4. Change or avoid activities shown to have increased risk (indoor activities, singing, planned holidays or travel).</li></ol> | <ol style="list-style-type: none"><li>5. Change some of your activities to reduce your interactions (such as online shopping or online banking).</li><li>6. Discuss your workplace plan with your employer and review any controls in place to reduce your risk of exposure.</li><li>7. Review your health with your doctor.</li><li>8. Prepare yourself for a possible increase in cases in your community.</li></ol> |
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### Increasing COVID-19 cases in your community

#### THINGS TO THINK ABOUT ADDING TO YOUR PLAN

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| <ol style="list-style-type: none"><li>1. All above plus the next steps in your plan</li><li>2. Stay at home except for essential activities</li><li>3. Activate your workplace plan</li></ol> | <ol style="list-style-type: none"><li>4. Work from home if there is ongoing exposure at work</li><li>5. Stay healthy and stay in touch with friends and family</li></ol> |
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### All people should get their COVID-19 vaccination. They should also consider:

- their personal or individual risk;
- the transmission of COVID-19 where they live and travel;
- which interactions and activities are important and can be done safely;
- what activities and interactions are important to you; and
- 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 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 physical activity and close contact (e.g. dancing or contact sport);
- require vocalising in an indoor environment (e.g. choirs or singing in church);
- require sharing objects with others (e.g.. utensils at a buffet);
- require sharing accommodation or amenities with others (e.g. a cruise ships); and
- are longer, the risk increases with time (for exposure and transmission).

#### Tips:

- Get your COVID-19 vaccination
- Make sure you continue with your appointments to see your GP, but consider seeing your GP 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.