

# Prepare a COVID-19 Ready Kit

Things to have ready if you or the person you care for contract COVID-19 and need to isolate.

## You will need

- Hydration options (eg. electrolyte powders, sports drinks, icy poles for children)
- A thermometer
- Rapid antigen tests
- Pain relief (e.g paracetamol)
- Tissues
- Your regular medication (for 2 weeks)
- A plan for who can look after your children, pets or the person you care for if you must go to hospital
- Masks, hand sanitiser and gloves
- A plan for sourcing food and essentials (eg. frozen meals, pet food, nappies, baby formula and continence products)
- Phone numbers for people outside your home you can call for help
- Stay at home activities (eg. board games, puzzles, books).

## Things to consider

- Are you and your family up-to-date with COVID-19 vaccine doses?
- Who do you need to notify if you have tested positive and are isolating?
- Who can safely deliver supplies to you or the person you care for if needed?
- Who can transport you or the person you care for to medical assistance or testing if you become unwell?
- How will you and the person you care for stay entertained and manage stress?
- If living alone, do you have a "buddy" to check in on you?
- Do you have a plan for supporting the person you care for if you become unwell?

## Important contacts

- **Emergency:** 000
- **National Coronavirus Health Information Line:** 1800 020 080
- **WA COVID Hotline:** 13 268 43 (8.00am - 6.00pm Monday - Friday)
- **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) 1800 552 002 (Country/Rural)
- **Rurallink (Regional WA):** 1800 552 002 (4.30pm - 8.30am Monday - Friday and 24 hours Saturday - Sunday)
- **Practical and emotional support for carers:** Carer Gateway 1800 422 737 (8.00am - 5.00pm Monday - Friday)
- **Lifeline:** 13 11 14
- **Beyond Blue:** 1300 224 636