

# Preparing for COVID-19

## 1. Get vaccinated

Ensuring you and your household are up-to-date with vaccinations will help minimise the risk of becoming seriously ill or going to hospital from COVID-19.

Visit the [Roll Up For WA](#) website to book your vaccination appointment and for more information.

## 2. Talk to your health worker or specialist

If there are any health concerns, check-in with your health worker or specialist to discuss how you or your loved one would manage if COVID-19 was contracted, and any precautions you should take.



## 3. Download and familiarise yourself with these important government websites and apps

a. [MyGov account](#) - for quick access to government services such as Centrelink and Medicare.

b. [ServiceWA app](#) - for quick access to your proof of vaccination record and business check-in.

## 4. Keep up-to-date on latest updates

Keep up-to-date with the latest health advice via the [HealthyWA Website](#) about COVID-19 testing, vaccination, quarantining and exposure sites.



## 5. Have easy access to proof of vaccination

Many venues across WA require you to provide proof of vaccination before entering. This can be accessed digitally through your ServiceWA app or by contacting the [Australian Immunisation Register](#) for a printed copy to be posted to you.

More information on how to obtain your proof of vaccination can be found on the [Services Australia](#) website.



## 6. Contact your NDIS, aged care or mental health service provider

If you or the person you care for is already accessing services, contact your service provider to understand how they are adapting to the challenges of COVID-19 and how they can support you and the person you care for over the coming months.

## 7. Maintain good hygiene practices

Wash hands regularly, use hand sanitiser, wear a mask and maintain social distancing.



## 8. Complete an Emergency Care Plan

Ensure you have a plan documented in case you or the person you care for needs to isolate, becomes ill or needs to go to hospital. An [Emergency Care Plan](#) template is available from the Carer Gateway website.

## 9. Prepare a COVID-19 ready kit

Prepare a kit of essential supplies and consider how you will manage in case you need to isolate at home. See the Carers WA COVID-19 Ready Check-list to get you started.

