

Prepare a Get COVID-Ready Kit



COVID-19 is coming to Western Australia. Let's prepare!

Although we don't want to create a sense of fear and panic amongst you all, we thought we would share some tips and tricks to create a 'COVID Kit', to care for yourself at home, in case you or a family member become unwell with COVID.

As some of you may be aware, currently in the Eastern States there are grocery and other essential item shortages. Many local shops have a minimum 4 day wait for deliveries due to unwell staff, creating staff shortages.

Please note that it is recommended to ensure you have enough food and essentials to last you up to 2 weeks.

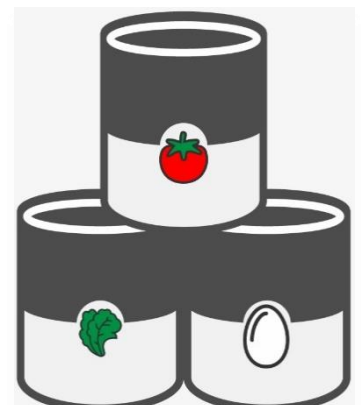
Medical Supplies

- Masks, hand sanitiser and gloves
- Two weeks' supply of any regular prescription medications
- Painkillers (Paracetamol and Ibuprofen)
- Otrivin (for a runny nose)
- Throat lozenges
- Codral Cold & Flu
- Thermometer
- Pulse oximeter (particularly for older people/people with underlying health conditions)
- Rapid Antigen Tests (RAT)
 - Ideally, two per person in the household: one to establish whether there's an infection and another to follow up with later on in the isolation period.



Food and Other Groceries

- Food (non-perishable food in cans and glass jars, as well as basics such as pasta, flour, rice etc.)
- Frozen meals (having some frozen meals ready to go could be a lifesaver when fatigue hits)
- Water
- Electrolyte drinks such as Powerade or Hydrolyte to keep hydrated (particularly if you don't feel like eating)
- Icy poles (to soothe a sore throat)
- Comfort food (ice cream, hot chocolate etc.)
- Soup
- Snacks (lots of snacks)
- Tissues



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- Toilet paper
- Hand sanitiser and liquid hand soap
- Household disinfectant or disinfectant wipes
- Washing detergent
- Specialised equipment if you or family need it (wheelchair, glasses, hearing aid and supplies such as batteries)
- Baby essentials, such as nappies and formula
- Pet essentials: dry food, wet food, litter, etc.



Prepare an isolation plan with family and friends

- Plan for who will look after your children, pets or people in your care if you have to go to hospital
- Plan for your pets – ensure they have enough food, medications and a way to exercise if you need to isolate
- Plan for safe transport to medical assistance or training – can someone drive you if you might be unwell?
- Phone numbers for people outside your home you can call for help
- Plan for someone who will be able to provide supplies to your door while isolating. (When they are dropping off, don't have any face-to-face contact. Ask them to leave it at the door and speak to them over the phone)
- If you have a disability, have a plan for managing your disability and how to seek help. Inform your carer or other supports that you are feeling unwell or unsafe, or needing help
- Have the number for your GP or other trusted health professional handy
- In addition to the above, have an up-to-date emergency contact list. This could include emergency numbers, household contacts, neighbours, personal care network, other doctor(s) or healthcare providers, or Nurse On Call.



Activities to keep you entertained throughout isolation period

- Isolation can be mentally tough and you can't have visitors over. Plan for a buddy system to check in on each other by phone, email, social media groups or text during times of need
- Board games or other online games
- Read a few books
- Do some painting
- TV: Netflix and other online streaming services
- Meditation and Exercise
- Or even download TikTok like the other 800 million users worldwide.



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You should seek medical advice if you:

- are not improving after two or three days
- have a chronic health condition
- are pregnant
- are over the age of 50 for Aboriginal people and 65 for non-Aboriginal people.

You should only go to hospital or call Triple Zero (000) if you have severe symptoms like:

- difficulty breathing even when walking around the house
- coughing up blood
- significant chest pain
- collapse or fainting
- dehydration
- persistent high fever.



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