



Get **COVID-READY**



## Prepare a Get COVID-Ready Kit

Most people who get COVID-19 will be cared for at home. A health worker or doctor will monitor you by phone call or video call. They will check your symptoms and give you the right care.

### Prepare a Get COVID-Ready Kit

If you test positive to COVID-19, you will need to isolate at home until you are told you can leave.

Check items off as you prepare...



You will need:

- A thermometer
- Pain relief
- Your regular medications
- A plan for who can look after your children, pets, or people in your care if you have to go to hospital
- Masks, hand sanitiser and gloves
- A plan for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies and baby formula
- Phone numbers for people outside your home you can call for help
- Stay-at-home activities



### Where to get more help?

**13 HEALTH** - 13 43 25 84

**134 COVID** - 13 42 68

**Community recovery hotline** - 1800 173 349

**Triple Zero** - (000)

**TTY Emergency Relay Service** - 106

**Lifeline** - 13 11 14

**Beyond Blue** - 1300 22 4636

**Mental Health Access Line** - 1300 642 255

**QLife** - 1800 184 527

### Further information

Visit [www.qld.gov.au/covid-ready](http://www.qld.gov.au/covid-ready) or call 13 HEALTH (13 43 25 84)



**Queensland  
Government**