

Preparing for a Pandemic



1



COVID Planning

- **MAKE** your own Covid-safe plan. See **Resources** for a template to use for your plan
- **SAVE** on your phone and have a hard copy easily accessed
- **PRINT** a copy of the **HOPE Toolkit** and place where easily accessed

Think how you will:

- ✓ Take care of your children or family dependents
- ✓ Access medical services or supplies
- ✓ Get groceries and home supplies
- ✓ Get support services for family dependents who have disabilities
- ✓ Manage work and access to financial support

Contact a service provider, NSW Council for Pacific Communities or a Pacific Link to help with your plan



3

Connecting

STAY connected

- Connect to yourself, be active and try something new that makes you feel good
- Connect with family and friends
- Connect with your spiritual self



4

STOCK UP a 30 day supply and for Medical supplies – ask your doctor



5

COVID-19 Home Care Kit – Managing at Home



Symptom relief such as Paracetamol

Food and drink



Phone numbers to your GP and emergency contacts



Thermometer – seek medical help if you are over 39.5°C



Your usual medications & rapid antigen tests if available



Toys for kids

2

Communication

Devices

CHECK you have a device (with chargers) to stay in contact with all key persons. This can be your phone, laptop or tablet and ensure you have internet access or adequate data credit ready.



Emergency Contacts

MAKE a list of key contacts – doctor, specialists, family, children, school, work, supports.



SAVE on your phone and have a hard copy

NSW Health COVID-19 Care at Home Support Line 1800 960 933

More for the Home Care Kit

Symptom relief: soothers, lozenges, vit C, vit D, zinc, cold n flu tablets, panadol, ice packs, water packs, heat packs

Food and Water: dehydration – Hydralyte sports drinks, Icy poles, Non-perishable and plain foods, water, plan for how to get groceries – online orders, friends & family

General: pet food, Include hand sanitizer, cleaning products, toilet paper

Thermometer: Monitor your temperature, Over 38°C – Paracetamol can help, Over 39.5°C – seek medical help

Essentials: Your usual medications – ensure a 2 week supply, Rapid antigen tests (if available) and Toys / Activities for kids (see **Resources** for children activities)

There is **no** scientific evidence to support the usage of Vitamin C in the treatment of COVID-19

Is Vitamin C an effective treatment?



There is **no** published peer-reviewed scientific evidence to support this claim

Does Ibuprofen exacerbate coronavirus?

