

COVID SAFE PLAN

Manage your Health

- ✿ Do a medical checkup/ review/ Telehealth
- ✿ ASK for an electronic prescription
- ✿ Pharmacy home delivery
- ✿ Vital health information to print
- ✿ My Mental and Physical health plan
- ✿ Help if I run out of essentials (food, medication)
- ✿ If one is tested positive, do I isolate at home or elsewhere?
- ✿ Do I have a contact to talk to if anxious or fearful?
- ✿ Social Connectedness - my Connect group
- ✿ Do I have some plans for isolation activities?
- ✿ Coronavirus Helpline **1800020080**, or ask a **Pacific Link**

Living Situation / Ways to protect me

And others at home if we need to isolate from each other

Children

Pets

Financial crisis

Essentials-food, medicine, transport

Work options

✿ **List of current medications. Prepare for at least one month.**

✿ **My Connect Lounge (group of family/ friends and social groups)**

✿ **List of essential supplies**

✿ **Mental/ Physical health wellbeing**

Write any notes here:

✿ **Supports for children struggling at school**

✿ **Daily routine for the children (breakfast, make the bed, reading, play, learning, creative corner, exercise, prayer quiet time, chores**

✿ **Activities for children**

Follow the Life with COVID Protocol

Communication

- ✿ Phone, laptop, or tablet are working
- ✿ Chargers and spares work
- ✿ Internet and extra credit available
- ✿ Go to technology support person

Emergency Numbers

- ✿ My go to list of who to call?
- ✿ Medical emergency 000
- ✿ For COVID-19 symptoms, call doctor or the Coronavirus Helpline 1800 020 080

✿ **Family/ Friend**

1. _____

2. _____

✿ **Pet support**

✿ **Emergency**

✿ **Doctor**

✿ **Technology support**

✿ **School**

✿ **Employer/ Work**

✿ **Service NSW**

✿ **Telstra/ Vodafone**

✿ **Electricity**

✿ **Local auto repairer**

✿ **Pacific Service**

✿ **NDIS support**

✿ **Other**