



Get **COVID-READY**



Prepare a Get COVID-Ready Kit

Most people who get COVID-19 will have minor symptoms just as you would for many other mild viruses, particularly if you are vaccinated and otherwise healthy. The majority of people will be able to manage their symptoms at home while isolating. You should seek medical advice if you:

- are not improving after 2 or 3 days
- have a chronic health condition
- are pregnant.

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.

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 or call 13 HEALTH (13 43 25 84)



**Queensland
Government**