

COVID-19 PREPARATION CHECKLIST



Below is a checklist to help make sure you're ready and have everything in place to prevent COVID-19 spreading too fast, and to respond if you or someone in your household or family catches COVID-19

Preparing for isolation – you might not be able to leave the house for 2-6 weeks

- Stock up on supplies – Food, toiletries, medicines, thermometer, nappies, formula, pet food/supplies, credit for mobile phone.
- Getting more food – Online ordering, who can deliver food?
- Work – Can you work from home? Who will you need to contact? Know about the pandemic leave payment (Centrelink).
- School – How can the kids keep doing school from home?
- Who do you rely for support and who relies on you for support? Have a backup plan.
- Is anyone in the household dependent on drugs, e.g. alcohol, yarrdi, ice, heroin? How can they get supplies when in isolation?
- Take care of your emotional wellbeing – be creative!
- Have activities planned for the kids including out in the yard.

Are you or someone in your household at risk of getting very sick with COVID-19?

- Can they isolate from everyone else in the house? Should they consider going into hotel quarantine?
- Print/write a list of their medical conditions, medications, usual GP, usual pharmacy or other supports, e.g. NDIS and include contact details.

Preventing spread of COVID-19 in the household

- Choose a room in your house that can be used to separate household members who have COVID-19 from others. Keep the door closed but windows open.
- How will the person who has COVID-19 get meals, use the bathroom, get outside for some fresh air?
- Have a supply of face masks.
- Have hand sanny around the house (soap/water is also ok).
- Have disinfectant cleaning product (detergent/water is also ok).
- Get vaccinated – it makes you 10 times less likely to get infected.

What will you do if you need to go to hospital?

- Who will you call on to care for your children?
- Who will you call on to care for adults that you care for?
- Do you have any pets that might need a temporary home?

Who might you need to call?

- Create a contact list including family, friends, neighbours, teachers/school, public health, healthcare, NDIS, home care.

OUR FAMILY HOUSEHOLD PLAN



Preventing spread of COVID-19 in the household

(which room to isolate, cleaning, meals)

What can I/we do if I/we are stuck in the house?

(learning, games, art, outdoor – yard)

What will you do if you need to go to hospital?

(children, adults needing care, pets)

Do I/we have any regular care needs?

(E.g. regular medication injections, scripts, NDIS supports, wound dressings, counselling, legal issues, drug dependence)

Do I/we need to get any supplies? How to get more supplies?

(groceries, thermometer, masks, hand sanny, disinfectant, deliveries)

Anyone in the house at risk of getting very sick with COVID-19?

(plan to isolate them from others)

Contacts

Ambulance, Police, Fire	000
ATSICHS Brisbane	3240 8900
IUIH MobLink (COVID-19 hotline) 7am-7pm, 7 days/week	1800 254 354
National Coronavirus Helpline 24/7	1800 020 080
Community Recovery Hotline (food/essential supplies)	1800 173 349
13 HEALTH 24/7	13 43 25 84
Centrelink Indigenous Call Centre	1800 136 380
Mental health support (MH CALL)	1300 64 22 55

Our contact list

E.g. family/friends, school/teacher, GP, pharmacy, work

GP

Pharmacy

School/Teacher

Work

Family/Friends

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