# My COVID-19 Plan

## Words: Lady in wheelchair and a man talking with her.

## A GUIDE TO ASSIST YOU TO DEVELOP YOUR OWN EMERGENCY PREPAREDNESS PLAN FOR COVID-19

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# My COVID-19 Plan

**Complete the following My COVID-19 Plan and put in a safe and easy to find place in your home**

## Communication

### I have my phone and computer or tablet to be able to stay in touch with people or call people in emergency.

**Action:** Write the name of your phone company here:

1. I have enough data and credit to keep in touch

**Action:** Write the name of the company the data for your computer is with here:

1. Other things I need to do

**Action:** Other important information about my communication:

## Management of Health:

1. I have my list of who to call

**Action:** Write your list of emergency contacts here

1. I know if medical emergency – call 000 emergency
2. If I develop COVID-19 symptoms, I will call my doctor first or 13 HEALTH on 13 43 25 84

**Action:** Write down the name of your support person for making health decisions

1. Then call your service provider to let my support workers know that I have COVID-19 symptoms
2. I have my important health information printed and accessible including my medications, blister packs, essential supplies and contact information if I have someone who helps me with my health decisions

**Action:** Write down a list of your current medications

1. I have a plan for looking after my mental and physical health and well being if I have to stay home for a long time

**Action:** Write down a list of essential supplies you need:

1. I know if I run out of essentials (food; medication) and there is nobody to help me, I can call the **Community Recovery Hotline on 1800 173 349**

**Action:** Things I am going to do to look after my mental and physical health and wellbeing:

## Assistive Technology

1. I have my power sources and back-up power supplies

**Action:** Write down your current assistive technology maintenance schedule

**Action:** Write down your current assistive technology maintenance people

**Notes:**

Repairs to AT in an emergency are considered by the National Disability Insurance Agency (NDIA) as urgent repairs. More information: <https://www.ndis.gov.au/news/4142-urgent-assistive-technology-repairs>

## Personal Support

1. I have clear COVID-19 personal support instructions for my support staff, including any new support staff

**Action:** Write down where copies of your important documents are kept

1. I have communicated my COVID-19 care instructions to all of my support staff

**Action:** Write down the names of your back up list of support workers here

1. I have written COVID-19 care instructions down and posted them in an accessible location at home.
2. I have discussed my play with my emergency contact.

**Action:** Write down the name and phone number of who you will call in an emergency

1. I have copy of my NDIS plan or My Aged Care support plan

**Action:** Write down phone numbers of service providers, NDIA and other supports here

## Assistance animals and pets

1. I have a plan for who will look after my animal if I become unwell.

**Action:** Write down the name and phone number of your vet here

1. I can develop a detailed preparedness plan for my assistance animal or pet using this information:<https://www.qld.gov.au/emergency/dealing-disasters/prepare-for-disasters/prepare-pets>).

**Action:** Write down the name of people who will help you with your animals if needed

**Action:** Write down your animals need here

## Transport

1. I will call ahead to plan appointments
2. I will make different plans to make sure I don’t have to leave home
3. I have a plan for different ways to travel if I need to go out

**Action:** Write down your transport options here

1. I have someone who can help me make decisions about transport

**Action:** Write down the contact details of who can assist you with transport.

## Living Situation

1. I have made or checked by home safety plan
2. I have considered ways to protects me and others at home if we need to isolate from each other if someone gets sick
3. I have a plan to increase household cleaning so that surfaces are wiped down regularly to decrease spread of germs

**Action:** Write any notes here

## Social Connectedness

1. I have an emergency contact list

**Action:** Write down your contact list of name and phone numbers here

1. I shared my emergency contact list with my support network for staying connected and in touch with people

**Action:** Write down your plan for staying connected and in touch with other people here