



COVID FAMILY PLAN

It is important to have a plan in case you or a family member get COVID-19. If this happens, you will need to isolate at home. Most people who are fully vaccinated and get COVID-19 will experience mild symptoms, just as you would for many other mild viruses. The majority of people will be able to manage their symptoms at home while isolating. Others may need to go into hospital.

National Coronavirus Helpline

If you need information or advice on COVID-19, call the Australian Government's National Coronavirus Helpline on **1800 020 080** — 24 hours a day, 7 days a week.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide> also provides useful information for families.

Step 1. Creating a Covid Ready Kit

Perhaps having the following in your home in case you are required to isolate:

- a thermometer (check batteries)
- regular medications for all family members
- face masks
- hand sanitiser
- gloves
- disinfectant
- bin bags
- tissues
- toilet paper
- pain-relief medicine (paracetamol or ibuprofen may ease any discomfort caused by a fever/high temperature) and other over the counter pharmaceuticals such as nasal sprays and throat lozenges
- frozen meals (home made or store bought)
- long life milk
- extra supplies of family favourite pantry staples (eg baked beans, pasta, noodles etc)
- if required 2 weeks supply of pet food
- if required 2 weeks supply of nappies and formula
- stay-at-home activities to keep adults and children entertained (eg not previously used puzzles, books, drawing materials – check out red dot or op shops. Also download free library ebook app – ask for assistance at your local library)



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Step 2. Creating a Family Covid Ready Plan:

Questions to discuss with your family

- Who can look after your children if you have to go to hospital?
- Who can look after your pets if you have to go to hospital?
- Who will visit family members or neighbours that you support if you are isolated or in hospital (eg elderly parents or neighbours)
- How will you get food and essentials if you are isolated? (consider extended family, friends, neighbours, perhaps download a contactless delivery option such as Woolworths or Coles)
- How will you get additional pharmacy supplies if you are isolated? (discuss with your local pharmacy if they provide a contactless delivery option)
- Who are the people you can contact for support and assistance if you are isolated? (write their names and numbers and display on the fridge)
- How will you let people know that you are isolating?

To reduce the chance of spread to people you live with, also include in your plan :

- *How the covid positive family member would stay away from others*
As much as possible they should stay away from other people they live with. This may include keeping 1.5 meters away from them, sleeping in a separate room and using a separate bathroom, avoiding shared areas and close contact with others, including touching, kissing, hugging and other intimate contact.
- *Practice good hygiene*
Always cover your mouth when you sneeze or cough, preferably with a tissue and throw out any used tissues straight away in a rubbish bin. Wash your hands with soap and running water for at least 20 seconds regularly, and especially after you cough, sneeze, blow your nose or take off gloves and masks.
- *Do not share household items*
You should not share cups, glasses, plates, utensils, towels or bedding with others in your home. These items should not be used by others until they are cleaned thoroughly with detergent and water or in a dishwasher or washing machine.



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➤ *Wear a mask*

If you have COVID-19, you should avoid being in the same room with others, but if you do need to be in the same room, always wear a face mask.

➤ *Keep your house open*

Open doors and windows as much as you can to have good airflow, particularly in shared areas.

➤ *Cleaning*

Clean frequently touched surfaces every day with a normal household cleaning product. This includes tabletops, doorknobs, taps, sinks, phones, keyboards, remote controls and bedside tables. Pay particular attention to the kitchen, laundry and bathroom. Thoroughly clean any surfaces that have any fluids from the sick person's body on them (including blood or cough or sneeze splatter). When washing their laundry, if you can, use the warmest recommended cycle for the item of clothing, bedding or towels. When cleaning, especially items or surfaces the sick person has touched or worn, wear disposable gloves and throw them out when you are finished. Wash your hands straight after.

Questions to discuss with your family :

- Is there a bedroom with an ensuite that the covid positive family member can isolate in?
- Do you have enough bedding, towels, toiletries, crockery, cutlery etc for the isolating family member to have their own?
- Who will be responsible for cleaning common areas (kitchen etc) if the covid positive family member enters them?

Step 3: You or a family member living in your house has been classed as a close contact and is required to isolate or has received a positive covid test result

1. Contact your GP to discuss managing covid at home (if you don't have a regular GP use the health direct service finder to locate one near you [Find a health service | healthdirect](#)).
2. Inform the school via admin@padcath.wa.edu.au that your child is a close contact/covid positive.



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3. Reach out to family, friends, neighbours for support and assistance. You are not alone.
4. Contact the Beyond Blue Coronavirus Mental Wellbeing Support Service 24 hours a day/7 days a week if you require wellbeing support – Call 1800 512 348.

Mrs Ali Fisher

PCPS Social Worker



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