

Donnybrook Medical Services



For most vaccinated people COVID-19 will be a mild illness and is manageable at home with

over-the-counter Medication, hydration and rest.

Below is a list that may assist you in being COVID ready and important numbers to assist you in times of need.

Prepare a Get COVID-Ready Kit



**Where to get more help?**

**WA Health** – 1800 595 206

**13 Covid** - 13 26 843

**Triple Zero** – 000

**Coronavirus Info** – 1800 020 080

**Health Direct** – 1800 022 222

**Coronavirus Mental Wellbeing Support Service** – 1800 512 48

**Rurallink** – 1800 552 002

**Lifeline** - 13 11 14

**Beyond Blue** - 1300 224 636

**Items you will need:**

□ A thermometer

□ Pain relief

□ Your regular medications

□ A plan for someone to look after your children,

pets, or people in your care if you have to go to hospital

□ Masks, sanitisers and gloves

□ A plan for how you’ll get food & essentials for two weeks

 such as frozen meals, pet food, nappies and baby formula

□ A list of phone numbers for people outside your home in

case you need assistance

□ Stay at home activities

**If you have a chronic condition such as Diabetes,**

**Asthma or COPD speak with your GP to get the**

**best advice** **on how you can be COVID ready.**