

## Your COVID-19 Readiness Plan

Date of assessment: \_\_\_\_\_ Clinic name: \_\_\_\_\_  
 Name: \_\_\_\_\_ Clinic phone number: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_ Usual GP: \_\_\_\_\_

This information can help you to get the care you need if you get COVID-19. Show this information to healthcare workers so they can help you to rapidly get the right testing and treatment for you.

### YOUR DOCTOR RECOMMENDS YOU GET TESTED

If you get symptoms that could be COVID-19, get a test as soon as you can. This will help you quickly get the care and support you need.

- Use a Rapid Antigen Test (RAT). Have RATs available at home.  
 Get a PCR test. The closest testing site to you is: \_\_\_\_\_

### YOUR DOCTOR RECOMMENDS YOU GET TREATED

If you have a **positive test** result on PCR or rapid antigen test (RAT), your doctor recommends you get treatment with antiviral medications as soon as possible. Follow the steps below.

Call your usual clinic on the phone number above.

Tell them you have tested positive for COVID-19 and your doctor has recommended you get treatment as soon as possible.

Out of hours call: \_\_\_\_\_

Recommended antiviral	<input type="checkbox"/> Molnupiravir (Lagevrio™) <input type="checkbox"/> Nirmatrelvir+ritonavir (Paxlovid™)
	<input type="checkbox"/> Other: _____
Pharmacy where you can fill your prescription	_____

### IF YOU HAVE SEVERE SYMPTOMS CALL TRIPLE ZERO (000) IMMEDIATELY TO GET HELP

Severe symptoms might include severe shortness of breath or difficulty breathing, chest pain, lips or face turning blue, fainting, confusion or severe drowsiness.

Criteria for priority 1 (P1) PCR testing (at State testing sites)	Criteria for COVID-19 antiviral treatment eligibility
<ul style="list-style-type: none"> <li>• Unvaccinated or not up-to-date with vaccinations for COVID-19</li> <li>• Age 65 years or older</li> <li>• Pregnant (including up to two weeks postpartum)</li> <li>• Aboriginal and Torres Strait Islander</li> <li>• Underlying health conditions</li> <li>• Clinician discretion</li> </ul>	<ul style="list-style-type: none"> <li>• COVID-19 positive on rapid antigen or PCR test; <b>AND</b></li> <li>• Symptoms less than 5 days; <b>AND</b> <ul style="list-style-type: none"> <li>○ 50 years and older with two additional risk factors for developing severe disease;</li> <li>○ 30 years and older <b>AND</b> identifying as Aboriginal or Torres Strait Islander;</li> <li>○ 18 years and older with moderate to severe immunocompromised</li> </ul> </li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• 70 years and older; <b>AND</b></li> <li>• Symptoms less than 5 days <b>OR</b> asymptomatic and treatment is initiated as soon as possible after diagnosis is confirmed</li> </ul>