

Primary Care COVID-19 Readiness Plan

The Western Public Health Unit have developed a 'COVID-19 Readiness Plan' to help GPs ensure patients at risk of developing severe disease are prepared and know how to link to appropriate testing and treatment in the event of COVID-19 infection. The tool can be completed with patients vulnerable to severe disease. It encourages patients to think about COVID-19 testing and treatment in advance, so that if it is required, they have a plan already in place.

Primary care practitioners can provide the completed tool to clinically vulnerable individuals to take home, giving them a tailored plan-of-action for rapid access to testing and treatment should symptoms develop.

The document can be downloaded [here](#) or found below.

Useful resources for primary care practitioners:

The Victorian COVID-19 therapies PBS prescriber helpline is available 7 days a week 8am to 5pm.

Phone: **03 8290 3801**

The Victorian Department of Health has published the fact sheet: [COVID-19 medications for at risk people who do not require oxygen](#), which includes information about:

- Eligibility criteria for antiviral therapies.
- Clinical decision making.
- Prescribing considerations.
- Referral information for access to early therapies.

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

