

Preparing for COVID-19

Your pharmacist can help

It is important to be prepared in case you or someone in your household catches COVID-19. Your pharmacist can help you plan to access your essential medicines and the most appropriate COVID-19 treatment for you.

Some things you can do to prepare for COVID-19:



1. Get vaccinated

If you are vaccinated, you are less likely to go to hospital, get seriously ill, or die from COVID-19. Contact your local pharmacy to book a COVID-19 vaccination.



2. Get your medicines organised

Keep at least one week's supply of your usual medicines at home, including prescription medicines and over-the-counter medications.



3. Talk to your pharmacist about a medication review (or MedsCheck)

A medication review will help ensure you have an up-to-date and accurate medication list to show health workers should you get COVID-19.



4. Prepare a COVID-Ready Kit

Talk to your pharmacist about how they can support you if you need to stay at home. Many pharmacies offer a medicine home delivery service. Your family or friends can also pick up your medicines for you.



5. Talk to your doctor about a COVID-19 treatment plan

Having a COVID-19 treatment plan will help you quickly access the most appropriate treatment for you, including COVID-19 antiviral medicines, should you get COVID-19. If you have a COVID-19 treatment plan, let your pharmacist know.



6. Get tested – no matter how mild your symptoms are

Stay home after your test until you get your result. Find your closest COVID-19 testing clinic at www.sahealth.sa.gov.au/COVIDtesting.



7. Talk to your health worker

Make an appointment to see your health worker, doctor or specialist if you have any health concerns or conditions.



8. Mask up

Carry a mask with you at all times, even where they aren't mandatory.



Your COVID-Ready Kit

Before you test positive to COVID-19, you should plan ahead in case you need to stay home while unwell. Ask your pharmacist to help.

You will need:

- A supply of your regular medicines
- An up-to-date medication list
- Medicines to relieve pain and/or fever
- Oral rehydration solutions/ powders/tablets
- Sore throat lozenges
- Basic medical supplies such as a thermometer, masks, gloves, hand sanitiser and rapid antigen tests
- A plan for how you'll get essential supplies such as medicines

For more information: sahealth.sa.gov.au/COVIDpositive



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