

Get COVID-Ready

8 things you can do to get ready



1. Get vaccinated

If you are vaccinated, you are less likely to go to hospital, get seriously ill, or die from COVID-19.



2. Get a booster shot

Booster doses increase your protection against COVID-19, and are especially important to protect against Omicron.



3. Talk to your health worker

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



4. Check In using your mySA GOV app

It's the quickest way to know if you've been exposed.



5. Have your proof of vaccination ready

You can link your proof of vaccination to your mSA GOV account, so it displays whenever you check in. If you don't have a mySA GOV account, you can print your proof of vaccination. You'll need this at cafes, pubs, sports venues and cinemas.



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

You MUST stay home after your test until you get your result. Find your closest COVID-19 testing clinics at sahealth.sa.gov.au/covidtesting



7. Mask up

Carry a mask with you at all times, even where they aren't mandatory. Use it when you can't keep 1.5 metres away from others.



8. Prepare a COVID-Ready Kit

In case you need to isolate at home.



Your COVID-Ready Kit

If you test positive to COVID-19, you will need to isolate at home until you are told you can leave.

You will need:

- A thermometer
- Pain relief (paracetamol or ibuprofen)
- Your regular medications (keep more than 2 weeks supply)
- Oral rehydration solutions/ powders/tablets
- Sore throat lozenges
- A plan for who can look after your children, pets, or people in your care if you have to go to hospital
- Masks, hand sanitiser and gloves
- A plan for how you'll get food and essentials for two weeks. (know how to order online or have a family member/friend who can drop off supplies)

For more information: sahealth.sa.gov.au/COVID-19

SA COVID-19 Information Line: 1800 253 787