## My COVID-19 Plan

### Communication

- [ ] I have my phone and computer/tablet to be able to stay in touch with people or call people in emergency
- [ ] I have enough data and credit to keep in touch
- [ ] Other things I need to do:

### Management of Health

- [ ] If there is a medical emergency, I will call 000
- [ ] I have a list of my current medications
- [ ] I have a list of essential supplies
- [ ] I have my contact list of who to call in an emergency

(continued over)

### Other things I need to do:

- [ ] My phone company is:

- [ ] My data for my computer is with:

- [ ] Other important information about my communication:

- [ ] My list of emergency contacts:

- [ ] My support person for making health decisions:

- [ ] My list of current medications:

Complete the following My COVID-19 Plan and put in an accessible location at your home.
## My COVID-19 Plan

### Management of Health

*(continued)*

- **I have my important health information printed and accessible including my medications, blister packs, essential supplies and contact information if I have someone who helps me with my health decisions.**

- **I have a plan for looking after my mental and physical health and well-being if I have to stay home for a long time.**
  - If I develop COVID-19 symptoms, I will:
    - Call my doctor or call 13 HEALTH on 13 43 25 84
    - Let my support workers know that I have COVID-19 symptoms
    - Call 000 if it is a life threatening emergency

- **If someone who supports me gets sick, I will:**
  - Call my service provider

### Notes:

I know if I run out of essentials (food; medication) and there is nobody to help me:

- I can call the Community Recovery Hotline on 1800 173 349
- NDIA participants, can call the NDIA on 1800 800 110.

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### My list of essential supplies I need:

- 
- 
- 
- 
- 
- 

### Things I am going to do to look after my mental and physical health and wellbeing:

- 
- 
- 
- 
- 
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# My COVID-19 Plan

<table>
<thead>
<tr>
<th>Assistive Technology (AT)</th>
<th>My current AT maintenance schedule is:</th>
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<tbody>
<tr>
<td>□ I have my power sources and back-up power supplies</td>
<td></td>
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<tr>
<td>□ Other:</td>
<td></td>
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</tbody>
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**Notes:**

<table>
<thead>
<tr>
<th>Personal Support</th>
<th>My copies of my important documents are in safe place that is:</th>
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<tbody>
<tr>
<td>□ I have clear COVID-19 personal support instructions for my support staff, including any new support staff</td>
<td></td>
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<tr>
<td>□ I have communicated my COVID-19 care instructions to all of my support staff</td>
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<tr>
<td>□ I have written COVID-19 care instructions down and posted them in an accessible location at home.</td>
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<tr>
<td>□ I have discussed my play with my emergency contact.</td>
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<td>□ I have copy of my NDIS plan or My Aged Care support plan</td>
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<table>
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<tr>
<th>My contacts for repairs or fixing my AT:</th>
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<table>
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<tr>
<th>My back up list of support workers are:</th>
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Phone numbers of my service providers, NDIA and other supports can be found here:

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</table>
# My COVID-19 Plan

## Personal Support

*(continued)*

**Notes:**
If it is not a medical emergency but I need urgent assistance or urgent supplies (e.g., I have no accessible support or help for critical personal support needs), I will call the Community Recovery Hotline on 1800 173 349.

## Assistance animals and pets

- [ ] I have a plan for who will look after my animal if I become unwell.

I can develop a detailed preparedness plan for my assistance animal or pet using this information: https://www.qld.gov.au/emergency/dealing-disasters/prepare-for-disasters/prepare-pets.

- My vet is:
- 
- 
- Medications my animal needs are:
- 
- 
- Person who will help me if needed with my animals is:
- 
- 

## Transportation

- [ ] I will call ahead to plan appointments
- [ ] I will make different plans to avoid the need to leave home
- [ ] I have plan for different ways travel if I need to go out
- [ ] I have someone who can help me make decisions about transport

- My transport options are:
- 
- 
- Contacts who can assist me with transport are:
- 
- 
- 

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### My COVID-19 Plan

#### Living Situation
- [ ] I have made/reviewed my home fire safety plan
- [ ] I have considered ways to protect me/others at home if we need to isolate from each other if someone gets sick
- [ ] I have a plan to increase household cleaning so that surfaces are wiped down regularly to decrease spread of germs

#### Social Connectedness
- [ ] I have an emergency contact list
- [ ] I shared my emergency contact list with my support network
- [ ] I have a plan for staying connected and in touch with people

#### My emergency contact list is in a safe place that is:

1. 
2. 
3. 

#### My plan for staying connected and in touch with people is:

1. 
2. 
3. 
4. 

Notes:

1. 
2. 
3. 
4. 
5.