



COVID-19 ACTION PLAN

16 October 2020

Your doctor has assessed you as being of high or moderate risk of severe illness if you contract COVID-19. This Action Plan is designed to help you manage your risk related to COVID-19.

Name: Date:

NO COVID-19 CASES IN YOUR COMMUNITY

ACTIONS

1. Maintain physical distancing 1.5m
2. Maintain good hand and respiratory hygiene
3. Download the COVIDSAFE app
4. Stay at home if you have cold or flu-like symptoms
5. Stay up to date

LOW NUMBERS OF COVID-19 CASES IN YOUR COMMUNITY *(complete your actions)*

ACTIONS

- All of the above **plus**
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.

INCREASING COVID-19 CASES IN YOUR COMMUNITY *(complete your actions)*

ACTIONS

- All of the above **plus**
1. Avoid going out except for essential activities
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.

No COVID-19 cases in your community

THINGS TO DO AT ALL STAGES

- | | |
|---|--|
| 1. Maintain physical distancing and hand and respiratory hygiene | 5. Keep fit and stay on top of your health condition |
| 2. Download the COVIDSAFE app | 6. Keep your vaccinations up to date, especially for influenza |
| 3. If you work, talk to your employer and develop a COVIDsafe work plan | 7. If you become unwell with possible symptoms, stay home and get a test |
| 4. Talk to your doctor if you have concerns | 8. Stay up to date with local cases |

Low numbers of COVID-19 cases in your community

THINGS TO THINK ABOUT ADDING TO YOUR PLAN

- | | |
|--|---|
| 1. All above plus the next steps in your plan | 5. Change some of your activities to reduce your interactions (such as online shopping or online banking). |
| 2. Develop a social bubble and limit interactions outside your bubble. | 6. Discuss your workplace plan with your employer and review any controls in place to reduce your risk of exposure. |
| 3. Change or avoid non-essential activities where you are exposed to people outside your bubble. | 7. Review your health with your doctor. |
| 4. Change or avoid activities shown to have increased risk (indoor activities, singing, planned holidays or travel). | 8. Prepare yourself for a possible increase in cases in your community. |

Increasing COVID-19 cases in your community

THINGS TO THINK ABOUT ADDING TO YOUR PLAN

- | | |
|---|---|
| 1. All above plus the next steps in your plan | 4. Work from home if there is ongoing exposure at work |
| 2. Stay at home except for essential activities | 5. Stay healthy and stay in touch with friends and family |
| 3. Activate your workplace plan | |

All people need to consider:

- their personal or individual risk;
- the transmission of COVID-19 where they live and travel;
- which interactions and activities are important and can be done safely;
- what activities and interactions are important to you; and
- when you are comfortable to participate and when you might be less comfortable to engage (this will depend on the number of cases in the community).

If case numbers increase people need to think about other measures in addition to physical distancing and hygiene measures. Everybody needs to think about their activities and interactions and how these might affect their risk of exposure to COVID-19.

There are different degrees of risks of virus exposure, depending on the activity, setting or event. Some types of activities, events and settings may increase risk of contracting COVID-19 illness.

These include activities that:

- are in closed or indoor environments;
- have large numbers of people in close contact (e.g. public transport at peak hour, weddings or other large gatherings);
- require physical activity and close contact (e.g. dancing or contact sport);
- require vocalising in an indoor environment (e.g. choirs or singing in church);
- require sharing objects with others (e.g. utensils at a buffet);
- require sharing accommodation or amenities with others (e.g. a cruise ships); and
- are longer, the risk increases with time (for exposure and transmission).

Tips:

- Make sure you continue with your appointments to see your GP, but consider seeing your GP via telehealth (videoconference or phone)
- Ask your GP about electronic prescriptions rather than paper-based
- Call your local pharmacy to ask about home delivery of medicines.