

If you test positive for COVID-19, suspect you've got it, or come into contact with someone who is COVID positive, you will need to isolate for at least 7 days.

Here are some things you can do to prepare:

- Find a thermometer
- Have at least 7 days worth of pain relief medication on hand
- Make sure you have enough of your regular medications to last at least 7 days
- Make a plan for who can look after your children, pets, or people in your care if you become unwell or have to go to hospital
- Have masks, hand sanitiser, gloves and tissues on hand
- Make a plan for how you'll get food and essentials for two weeks such as frozen meals, pet food, nappies and baby formula
- Make a list of phone numbers for people outside your home you can call for help, e.g. your doctor
- Get together some stay-at-home activities
- Check in with neighbours, family and friends who might need help with their plans



### Where to get more help?

**Tasmanian Public Health Hotline -**  
1800 671 738

**Tasmanian Lifeline -** 1800 98 44 34

**In an emergency -** 000

**TTY Emergency Relay Service -** 106

**Lifeline -** 13 11 14

**Beyond Blue Coronavirus Mental  
Wellbeing Support Service -**  
1800 512 348

**QLife -** 1800 184 527

**For further information visit [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au) or call 1800 671 738**

This flier was adapted from resources available at [www.qld.gov.au/covid-ready](http://www.qld.gov.au/covid-ready)