

Know Plan Go

My COVID-19 Action Plan

(Insert your name here)

Complete this action plan and discuss it with your GP as it contains important information you may need to have ready, so that you are prepared to act fast if you test positive for COVID-19.

Some people are at higher risk of getting seriously ill from COVID-19.¹ These people may be eligible to take a COVID-19 treatment when they test positive.

When you're sick with COVID-19, the virus multiplies and spreads in your body. COVID-19 treatment helps slow down the virus from rapidly multiplying, allowing your immune system the chance to kick in and fight back.²

Know

if you're at risk of serious illness and eligible for antiviral medicine

Many people don't want to think about COVID-19 anymore. But understanding if you have high-risk factors that could potentially lead to severe illness, and having a plan if you contract the virus, may help prevent a significant disruption to your life.

Tick any of the following eligibility criteria that apply to you.

- | | |
|--|---|
| <input type="checkbox"/> Age 50 years or older | <input type="checkbox"/> Chronic kidney disease |
| <input type="checkbox"/> Aboriginal or Torres Strait Islander aged 30 years or older | <input type="checkbox"/> Chronic liver disease |
| <input type="checkbox"/> Moderate-to-severe immunocompromised aged 18 years or older | <input type="checkbox"/> Chronic lung disease (e.g. COPD, asthma) |
| <input type="checkbox"/> Aged 18 years or older with a past COVID-19 infection that required hospitalisation | <input type="checkbox"/> Overweight (BMI >30kg/m ²) |
| <input type="checkbox"/> Living in residential aged care | <input type="checkbox"/> Diabetes (type 1 or 2) |
| <input type="checkbox"/> Living in a rural or remote area | <input type="checkbox"/> Heart conditions |
| <input type="checkbox"/> Living with a disability and/or frailty | <input type="checkbox"/> Neurological conditions |
| | <input type="checkbox"/> I don't have any of these risk factors |
| | <input type="checkbox"/> I am not sure |

You can also check if you are eligible for COVID-19 antiviral medicines by talking to your GP OR visiting www.knowplango.com.au

Plan

what to do if you get COVID

Discuss the following items with your GP and have your medical history ready to share with them. With your input, your GP can decide what is the most appropriate treatment for you.

My current medications:



My Kidney Function:



Creatine Clearance =

Items to have ready:

- Rapid antigen tests (RAT)
- Hand sanitiser
- Masks

Go

call your GP as soon as you test positive

It's important to act fast as antiviral medicines have to be taken as soon as possible – within 5 days after noticing symptoms of COVID-19 infection.

	<ul style="list-style-type: none">• Don't wait for your symptoms to get worse!
	<ul style="list-style-type: none">• Test to check that you have COVID-19, using an at-home rapid antigen test (RAT)
	<ul style="list-style-type: none">• Contact your GP, or call Healthdirect on 1800 022 222, to discuss getting started on your treatment plan.• Have this plan with your medical history ready to share with your GP.

Need more information?

- **Read more about COVID-19 antivirals:**
www.health.gov.au/topics/covid-19/oral-treatments
- **Read more about COVID-19 management plans or check your eligibility for COVID-19 antivirals:**
www.knowplango.com.au
- **Updated eligibility for oral COVID-19 treatments:**
<https://www.health.gov.au/health-alerts/covid-19/treatments/eligibility>

References: **1.** NSW Government. People at higher risk of severe COVID-19. Available at: <https://www.nsw.gov.au/covid-19/protecting-yourself/higher-risk-groups#:~:text=People%20aged%2050%20or%20over,up%20to%20date%20with%20recommended> [Accessed November 2023]. **2.** NSW Government. COVID-19 antivirals – your questions answered. Available at: <https://www.nsw.gov.au/covid-19/testing-managing/antivirals> [Accessed November 2023].

This is intended for residents of Australia only. This information is provided as a guide only and does not replace the discussion with your doctor.