PRIMARY CARE CARDIOVASCULAR SOCIETY

COVID-19 CARE PLAN

Information and action steps for managing your risk of developing COVID-19

START YOUR PERSONAL COVID-19 CARE PLAN

DISCUSS AND UNDERSTAND YOUR RISK OF COVID-19

- Talk to your GP about whether you are at high risk of becoming very ill from COVID-19
- **People at high risk include:**
  - **Older adults**
  - **Unvaccinated people**
  - **Those with certain medical conditions or with a weakened immune system**

People with risk factors for severe disease may benefit from treatment if they develop COVID-19. Your GP can help to decide which treatment, if any, is right for you

TESTS AND TREATMENTS

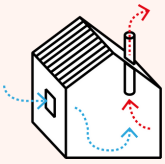
- Keep a supply of COVID-19 self-test kits at home and know when and how to use them
- Test immediately if you have symptoms of COVID-19
- **Contact your GP right away if you test positive**
  - Treatments are available which can reduce your chances of hospitalisation and death, which must be started within days after you first develop symptoms to be effective

TAKE PRECAUTIONS

VACCINES

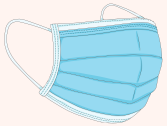
Ensure you receive your annual COVID-19 booster from your GP Practice

VENTILATION



Spend time outside and improve indoor air quality at home by opening windows and using adequate filtration

MASKS



Can help to reduce spread and transmission of the COVID-19 virus

RECOGNISE SYMPTOMS OF COVID-19

SYMPTOMS		
Fever or chills	Cough	Fatigue
Muscle or body aches	New loss of taste or smell	Congestion or runny nose
Headache	Sore throat	Diarrhoea
Shortness of breath or breathing difficulties		
Nausea or vomiting		

EMERGENCY WARNING SIGNS
Trouble breathing
Persistent pain or pressure in the chest
New confusion
Difficulty waking or staying awake
Pale, grey, or blue-coloured skin, lips or nail beds, depending on skin tone

This is not a full list of all possible symptoms of COVID-19
Call your GP if you have any other symptoms that are severe or concerning

MY COVID-19 CARE PLAN

IF I HAVE SYMPTOMS OF COVID-19:

1. Test right away (within 24 hours or as soon as possible)
2. Note down when my symptoms started

IF I AM EXPOSED TO COVID-19:

1. Note down the date of exposure
2. Test at least 5 days after I was exposed
3. Watch for symptoms for 10 days
4. Wear a high-quality mask for 10 full days when I am around others in my home or in public

IF I TEST POSITIVE FOR COVID-19:

1. Call my GP right away and see if I am eligible for treatment
2. Isolate at home for at least 5 days
3. Tell people I have had recent contact with that they may have been exposed
4. Wear a high-quality mask for 10 full days when I am around others in my home or in public
5. Monitor my symptoms

THINGS TO CONSIDER IF I GET SICK

1. Transportation
2. Room to isolate
3. Help at home
4. Child care
5. Pet care
6. Food
7. Cleaning supplies
8. Hand sanitiser
9. Obtaining medicines (prescribed and over the counter)
10. Masks

My medical information

Medical conditions.....

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Allergies.....

Disabilities.....

Medications.....

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Supplements.....

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My GP

Name.....

Telephone number.....

My pharmacy

Name.....

Telephone number.....

My COVID-19 vaccinations

Date of last booster.....

Next annual booster due.....

Contact information for family/friends

Name.....

Telephone number.....

Name.....

Telephone number.....

Name.....

Telephone number.....

Name.....

Telephone number.....

GP, general practitioner.

1. Adapted from: CDC Archive Home. COVID-19 Plan. Available at: https://archive.cdc.gov/#/details?archive_url=https://archive.cdc.gov/www_cdc_gov/coronavirus/2019-ncov/downloads/needs-extra-precautions/FS_COVID_Plan_FINAL.pdf. Accessed September 2024.