

Getting Your Home COVID-19 Ready

COVID-19

The COVID-19 pandemic could last a long time. **Getting Your Home COVID-19 Ready** helps you and your family plan and be prepared should someone have to self-isolate at home. It helps you think about the whole family and what it means for them.



What does self-isolation mean?

Self-isolation means staying in your own room and having no face to face contact with anyone. This helps stop the spread of COVID-19 to others in your home and protects your Community.

Let's keep our community safe, strong and healthy.

Please visit health.nsw.gov.au for the latest information on COVID-19.

COVID-19
SLOW THE
SPREAD



AH&MRC

**Things won't
be like this
forever...**

**Coronavirus affects everyone in
our Community. Remember to follow
the latest health advice and stay
informed to keep you, your family
and Community safe.**

AH&MRC would like to acknowledge and thank Belinda Tully, Telphia Joseph, Kristy Crooks and Kylie Taylor for their valuable contributions and time to create this resource.

Let's keep our community safe, strong and healthy.

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My family

Elders and people living with chronic health conditions are more likely to get seriously sick from COVID-19 and may need to go to hospital if they get worse.

Planning

- Write down all the people who live at home
- Write down who stays over often e.g. couch surfing cousin, grandkids

Family Members

COVID-19 Low Risk		Kids and young people 0 – 18 yrs
		Adults 19 – 49 yrs
COVID-19 High Risk		Adults 50+ yrs and/or family with chronic health conditions



Yarn about

Imagine, someone in your family must self-isolate at home (i.e. stay in their own room). What would this look like and who would care for them?

Which room would they be able to have to themselves?

Where would regular family visitors sleep?

How would you keep this person apart from the rest of the family, especially away from anyone over the age of 50+?

Getting Your Household COVID-19 Ready will help you feel confident and help you prepare a plan for your family at home in case someone has to self-isolate during COVID-19.

Getting Your Home COVID-19 Ready

My home - bedrooms

Remember, self-isolation means staying in your own room and having no face to face contact with anyone. You should not be sharing any space with anyone else in the house. If this can't happen in your household, ask your AMS or Public Health Unit about alternative accommodation options.

Planning

Write down who sleeps in each bedroom

Bedroom 1 →

Bedroom 2 →

Bedroom 3 →

Bedroom 4 →

Bedroom 5 →

Living Room →

Other →

Write down who sleeps in other parts of the house

Living room →

Dining Room →

Sleep out on the verandah →

Tent in the backyard →

Garage →

Other space →



Yarn about

Can you make any of these rooms an isolation room? This means the sick person stays in their own room for at least 14 days, or until they have recovered. Is there a room close to a bathroom, and close to an exit (e.g. backdoor)? This might mean moving healthy people to share a bedroom for a short time.

Remember, Elders and people with chronic health conditions are at higher risk of health complications and getting really sick from COVID-19 and should not share a room with someone who must self-isolate.



Idea

Most rooms in the house can be used as a bedroom.

- Can you move anyone to other parts of the house to make a bedroom free just for the person who must self-isolate?

COVID-19 Plan

What would it look like in my house?



My plan for the bedrooms: (e.g. Who could share rooms? Who needs their own room?)

Getting Your Home COVID-19 Ready

My home - toilet & shower

The person self-isolating should have their own toilet and shower to stop the spread of COVID-19 to others. This is something that families must think about. If this is not possible – you must clean the toilet, shower and every surface after the sick person uses any shared area, or you may need to consider alternate accommodation options.



Can the person self-isolating have their own toilet?

Yes No

Can the person self-isolating have their own shower?

Yes No



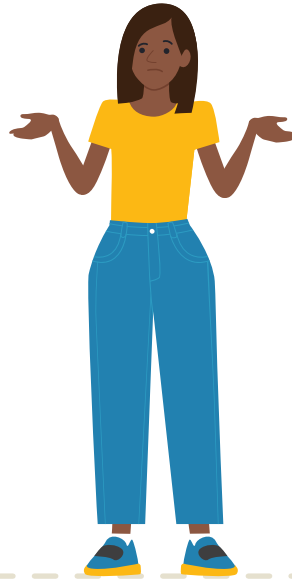
Yarn about

If you only have one bathroom and shower, are you all prepared to clean all surfaces after each use?

This includes taps, toilet seat, floors, and walls etc. Remember everyone must wash their hands for 20 seconds with soap and water after cleaning.

COVID-19 Plan

What would it look like in my house?



My plan for the toilet and shower: (e.g make sure to stock up on cleaning products and supplies. Reach out to community organisations for support, or ask family and friends if they have any spare items you could use.)

Getting Your Home COVID-19 Ready

My home - kitchen

The person self-isolating should stay in their room at all times. Families will have to think about who can help prepare foods, drinks, and snacks and take this to the person self-isolating.



Yarn about

Can you take it in turns to prepare food?

Could a carer prepare meals one day, and Aunt the day after that?

Could you make a roster?

If that is not possible, the person self-isolating must wear a mask when sharing common areas like the kitchen or lounge. They will also need their own bowl, plate, cup, and cutlery that is washed up with hot and soapy water straight after use.

Can someone prepare daily meals, drinks, and snacks for the person self-isolating?

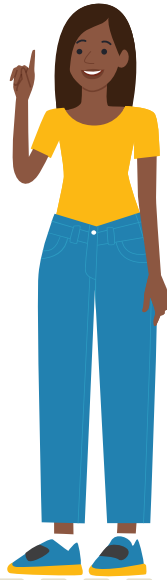
Yes No

Tip!

Although home-cooked meals using fresh produce is best, you might think about asking if there is support available to have meals delivered to your home for a couple of weeks to help you and your family.

COVID-19 Plan

What would it look like in my house?



My plan for regular meals and drinks: (e.g. We would put a roster on the fridge and take turns to prepare meals, and snacks, and carefully wash up afterwards. All meals would be left outside the bedroom door, and the person can choose to eat in their room or outside on their own on the balcony/porch.)

Getting Your Home COVID-19 Ready

Household items

It is important to make sure the person who has to self-isolate has their own bedding and personal items to stop the spread of COVID-19 to others.

Do you have enough of the following items to make sure the person who must self-isolate can have their own things?

Bedroom

- Own bed

- Own bedsheets

- Own pillow

- Own pillowcases

- Own blankets

Bathroom

- Own towels

- Own face washers

- Own toothbrushes & toothpaste

Kitchen

- Own plate

- Own bowl

- Own cup

- Own mug

- Own cutlery

General

- Own masks (person self-isolating) – supplied by AMS or local health service.



Yarn about

How can you get the missing items from your list? Ask friends or family if they have any spare items you could borrow.

The AMS might be able to link you in with services that might be able to help with other supplies.

Tip!

Health & Hygiene

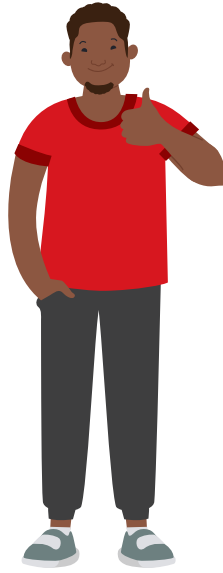
If you are not able to buy items like detergent, disinfectant from the shop, try using soap or bleach.

Mix some soap or bleach together with water (ideally hot-but careful not to burn) and use as a cleaning solution to wipe down surfaces, door handles, remotes etc. Soapy water is best for cleaning!

Wash your hands with soap and water properly for 20 seconds before and after cleaning.

COVID-19 Plan

What would it look like in my house?



My plan to have separate household items: (e.g. We will ask family and friends to share extra bedding, and kitchen items with us. These items will stay tucked away in the cupboard in case someone has to self-isolate at home.)

Getting Your Home COVID-19 Ready

Cleaning supplies

Regular cleaning is very important to prevent the spread of COVID-19. Soap kills the COVID-19 virus. Make sure you wipe down surfaces, handles, appliances, and other household items with soapy water. Anything that soaps up is best. If a person must self-isolate in your home, wipe down everything after they touch it and clean all surfaces a few times a day. If they are an adult, they should clean all the common areas and things they use before they go back to self-isolating. This way, it is safer for others to use after them.

Do you have the following cleaning products and appliances at home?

Laundry

- Washing machine

- Detergent / washing-powder

- Clothes line in the sun

- Dryer

Kitchen

- Dishwashing detergent

- Sponge

- Spray or wipes to clean surfaces

General

- Disinfectant or bleach

- Paper towel

- Disinfectant wipes

- Disposable gloves

- Soap or hand sanitiser



Yarn about

Think about how you can get the missing items from your check list. If you can't buy them, ask friends or family members if they have any spare items or call your local AMS or other support services to see if they can help.

COVID-19 Plan

What would it look like in my house?



My plan for extra cleaning: (e.g. Call local community organisations for additional cleaning products and supplies.)

Getting Your Home COVID-19 Ready

Stay well, stay connected

Isolation can bring up feelings of loneliness, worry and boredom. It is important that the person in isolation has access to things that will keep them busy and connected with others.

Do you or the person self-isolating have access to the following items?

Technology (nice to have)

- Own phone
- Own TV
- Own computer/laptop/tablet
- Wifi / Phone credit

Support (must have)

- Someone at home to help with picking up medication, general supplies etc.
- Prepare a list with phone numbers of your GP/nurse/ Aboriginal Health worker for medical support
- Support to care for children
- Access to financial support
- Access to a Mental Health Worker or support services such as Lifeline: 13 11 14 and Beyond Blue: 1300 22 4636
- Access to a support network of family and friends online e.g. video chat or just over the phone

Activities (must have)

- Books
- Puzzles / crosswords
- Journal + pen / pencil
- Arts and crafts, colouring in activities
- Videos, movies, games
- Magazines, newspapers



Yarn about

Can you access these things?

How can your family or friends help you stay connected?

If you are sharing devices amongst the family, can you share with someone else to free up a device?

COVID-19 Plan
What would it look like in my house?



My plan to stay well and connected: (e.g. We will ask the younger family members to share their phones or give a phone to a person while self-isolating. Ask family and friends to each share a favourite book, puzzle or game.)

[A large dashed-line rectangular box for writing a plan.]

Bringing it all together:

Talk this plan over with everyone in your family.

Getting my home COVID-19 ready plan

This is what we will do if someone in our house needs to self-isolate to us all safe:

My house	
My COVID-19 plan to make a free bedroom	
My COVID-19 plan for the toilet and Shower	
My COVID-19 plan for the kitchen / meals and snacks	
Household items	
My COVID-19 plan for separate household items	
Cleaning supplies	
My COVID-19 plan to keep the house clean and stop the spread of COVID-19	
Stay well, stay connected	
My COVID-19 plan to stay well, safe and connected during self-isolation	

Does this plan suit everyone in your home?

If you can't self-isolate at home, or if you need support of any kind, you can contact a variety of services. They will be able to help you or refer you to someone who can. This includes supported-isolation accommodation if you are not able to self-isolate at home.

- Aboriginal Medical Service
- Local Aboriginal Land Council
- Local Aboriginal Health Worker
- Public Health Unit

For more information on self-isolation when living with others visit the NSW Health website or download AHRMC's **Home-isolation Factsheets and Self-isolation when Living with Others Checklist** available online at ahmrc.org.au

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