



# Your Emergency Plan for COVID-19

A guide to help you make your own plan



We have written this guide in Easy Read.



WITH THANKS



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# Introduction



This guide helps with your Personal Emergency Plan.

PEP for short.

The PEP helps you make a plan so you and your supports know how to work together during an emergency, like COVID-19.

In this guide there is info about

- Understanding COVID-19 and how to protect yourself
- Your plan
- Stop sign for your door

Everyone should be prepared for an emergency. It helps if you know what to do before, during and after an emergency.

People with a disability may need more time, support or info to make a plan.

COVID-19 is a new virus with no vaccine.

Doctors are working hard to find a vaccine.

This can make people feel worried and scared.

Having a plan can help you feel less worried and get skills to deal with difficult situations.

# COVID-19

You can get COVID-19 if



Someone with the virus sneezes or coughs on you.



Someone with the virus coughed or sneezed onto something that you touch.

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**There are ways that we can all help stop the spread of viruses:**



1. Wash your hands often.



2. Cover your nose and mouth with a tissue when coughing or sneezing. If you do not have a tissue, sneeze into your bent elbow.

3. Try not to touch your face.



4. Do not shake hands.

5. Stay home if you are unwell.



6. Social distance.

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**Household cleaning is important.**



Germs can live outside of the body, on surfaces and after a person coughs or sneezes.

Regular cleaning is important to reduce the spread of germs.

# Make a Plan

The PEP has 8 areas.



## Communication

How you get, give and understand information.

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## Management of Health

How you take care of your health.

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## Assistive Technology

If you use any equipment like a walking stick or computer aid.

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## Personal Support

The help you get from other people.

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## Assistance Animals

If you have an assistant animal and how you care for them.

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## Transportation

How you travel to places.

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## Living Situation

Who you live with and where.

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## Social Connections

Your circle of support.

# Your Plan

There are some questions that help you make your plan.

Share your plan with the people who support you.

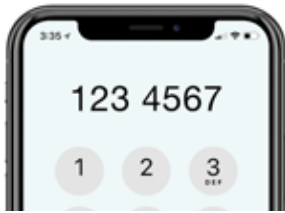
This could be your

- Family
- Friends
- Support Provider and Support Worker

Keep your plan in a safe place at home that is easy to find.



# Communication



My phone number is

.....

My phone company is

.....



I pay my bills by

- Going to the post office
- Direct Debits
- Someone else does this with me

I keep in touch with my friends and family by using these apps on my phone

.....



## Reminders

- Make sure my phone is charged
- Make sure I have some money with me
- Take my communication device with me
- Call my family, friend or support provider
- Know the address of the house or safe place I am going to

.....

# Management of Health



My emergency contacts are

.....

The person who supports me with my health decisions is

.....

My current medications are

.....



To look after my mental and physical health I like to do

.....

.....

## Reminders

- I have the numbers of people I need to call
- Call 000 in an emergency
- Call the National Coronavirus Helpline on 1800 020 080 if I have questions about COVID
- I call my service provider if I have COVID symptoms
- All my medications are nearby and I have enough of them
- If I need important things and nobody can help me I can call the Disability Information Helpline on 1800 643 787



# Assistive Technology or AT for short



The AT I use is

.....

My AT repair people are

.....

**Reminders**

- I will have my AT equipment with me
- I keep it clean to stop the spread of germs
- I have the power cables and spare batteries

# Personal Support



The supports I need each day are

.....  
.....

My support provider is

.....

My support worker is

.....

The supports that are most important to me  
and I must have them are

.....  
.....



In an emergency I will call

.....

## Reminders to have

- Clear COVID-19 personal support instructions for my support staff, and any new support staff
- Told my COVID-19 care instructions to all of my support staff
- Talked about my plan with my emergency contact
- A copy of my NDIS plan or My Aged Care support plan



# Assistance Animals and Pets



My support animals name is

.....

The vet I use is

.....

In an emergency I will get this person to look after my animal

.....

My animal really likes these foods

.....

## Reminders

- Make sure there is enough food and supplies for my animal
- Ring my emergency contact if I become unwell and cannot look after my animal



# Transport



When I travel to places I use

.....

.....

My support person who helps me with travel is

.....



## Reminders

- Make sure my travel card has enough money on it
- Make sure I have my taxi subsidy card
- Know the different routes to travel if I cannot use the same route
- Ask my support person for help to learn a new route or if I have questions
- Call my friends or family instead of visiting if I cannot travel or if I am unwell



# Living Situation



I live with

.....

My address is

.....

.....

My support provider's number is

.....

If I am unwell I will call

.....



## Reminders

- Put the sign on the door to let people know I am unwell
- Ask people to help me make sure my smoke alarm and electrics are safe
- Keep the house clean to stop germs

# Social Connections



My friends are

.....

.....

.....



I like to do these activities with my friends

.....

.....

.....

.....



## Reminders

- Keep social distance when I see my friends
- Let my friends and family know If I am unwell
- Call my friends to support them if they are unwell too

# Frequently Asked Questions

## Question

I cannot isolate from other people because I need help with personal care.

What can I do?

## Answer

Talk with the people who support you and your family.

Ask the people who support you to

- Wash their hands regularly
- Cover their nose and mouth with a tissue or bent elbow when coughing or sneezing
- Avoid touching their face, nose and mouth
- Do not shake hands
- Stay home if they are unwell
- Social distance

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## Question

I need people to do my shopping and help me with my cooking and cleaning.

Can they still help me?

## Answer

Your support worker can still help you but you both need to make sure you follow the rules above.

You might have to arrange new times for your support.

Make sure you keep in regular contact.

## Question

I have health appointments like blood tests and therapy that I have to go to.

Can I still go?

## Answer

Some people still have to go to important appointments.

You should call ahead to make sure it is safe to go. Ask if there is anything different you have to do when you arrive.

Some appointments may take place over the phone or over video.

Ask your support person to arrange this with you if you need help.

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## Question

How do I look after my mental health and well being?

## Answer

Looking after your mental health is very important.

Here are some ideas

- Keep to your routine
- Do things that you enjoy
- Keep talking to your friends and family
- Try not to watch too much news
- Ask if you need help

On the next page there is a sign that you can put on your door to make people think about visiting if they are unwell.





## **Someone in this house is at higher risk of Coronavirus**

If you have any of these symptoms please do not visit

**Cough**

**Sore throat**

**Runny nose**

**Fever**

**Shortness of breath**

If you have questions call me on

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Please leave any packages at the door