

COVID-19 ACTION PLAN

A COVID19 action plan is a written, management plan that helps you prepare for an event when you or your loved ones could be infected with the virus. One of the antidotes to anxiety is feeling in control and the COVID19 action plan helps you identify factors that you can control.

PHASE 1

How long has it been since exposure?

What are my symptoms?

What is the contact information of the doctor I can call for initial consultation?

What is the recommended care before testing?

Who are the people I live with who would be considered high risk?

Is there anyone I may have exposed the virus to who I must inform?

PHASE 2

Where is the nearest testing centre?

What is the contact information?

How much does it cost?

What is the at home testing protocol in my locality?

How much cash should I keep at my disposal, for emergencies?

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PHASE 3

Do I have to be quarantined at home, a facility or at a hospital?

Where is the nearest COVID hospital/facility?

Do I have additional aids I could need to monitor my symptoms? (asthma inhaler, pulse oximeter, etc)

Do I have all the previous test reports and case reports for my preexisting conditions?

Where is the nearest pharmacy to get my medicines from?

Who can I contact to help with delivery for essentials (food, medicines, child care, elder care)?

What is the contact information for an ambulance to take me to the hospital?

PHASE 4

What is the recommended care plan post a COVID negative test for continued recovery?