







## COVID-19 kit and symptoms checklist

With COVID-19 in the community, be ready with the essentials for your COVID-19 kit and what to do if you test positive or have symptoms.

### Know the symptoms and what to do

	<b>Fever</b>		<b>Dry cough</b>
	<b>Fatigue</b>		<b>Shortness of breath</b>
	<b>Diarrhoea</b>		<b>Loss of taste and/or smell</b>
	<b>Headache</b>		<b>Sore/scratchy throat</b>
	<b>Muscle aches</b>		<b>Runny nose</b>
	<b>Vomiting</b>		<b>Chills/night sweats</b>

**Mild symptoms (rest and recover at home)**

### Worsening symptoms (contact your GP)

If symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

### Severe symptoms (call 000 immediately)

If symptoms become severe such as difficulty breathing when resting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

### Create your COVID-19 kit


If you or someone in your household catches COVID-19, having the following items will help you monitor and manage your symptoms. It is important to have these items at home so you do not need to leave the house if you test positive for COVID-19.

	<b>Thermometer</b>	<input type="checkbox"/>
	<b>Face masks</b>	<input type="checkbox"/>
	<b>Hand sanitiser</b>	<input type="checkbox"/>
	<b>Disposable gloves</b>	<input type="checkbox"/>
	<b>Pain relief medication</b>	<input type="checkbox"/>
	<b>Electrolytes</b>	<input type="checkbox"/>
	<b>Your regular medication</b>	<input type="checkbox"/>
	<b>Rapid antigen test kit</b>	<input type="checkbox"/>
	<b>Pulse oximeter (optional)</b>	<input type="checkbox"/>


Find out more on [WA.gov.au](https://www.wa.gov.au)  
or call 13COVID (13 268 43)

**WA.gov.au**



  
To find  
a testing  
location



  
To submit  
your  
RAT