COVID-19 Know & Go→

Pfizer

Know & Go

My COVID Action Plan

_____

(Insert your name here)

Complete this action plan and discuss it with your GP. It contains important information you may need to have ready, so you can act fast if you test positive for COVID.

Some people are at higher risk of getting very sick from COVID.[1] These people may be eligible for COVID antiviral medicines when they test positive.

When you're sick with COVID, the virus multiplies and spreads inside your body. COVID antiviral medicines can help stop the virus from multiplying, so your immune system has the chance to fight the disease more easily.[2]

Know

if you're at risk of getting very sick and are eligible for COVID antiviral medicines

Many people don't want to think about COVID anymore. But understanding if you have risk factors for severe COVID illness and having a plan if you get COVID may help prevent a major disruption to your life.

Tick any of the following eligibility criteria that apply to you.

- ☐ Age 50 years or older
- ☐ Aboriginal or Torres Strait Islander aged 30 years or older
- ☐ Moderate-to-severe immunocompromised aged 18 years or older
- ☐ Aged 18 years or older with a past COVID infection that required hospitalisation
- ☐ Living in residential aged care
- ☐ Living in a rural or remote area
- ☐ Living with a disability and/or frailty

- ☐ Chronic kidney disease
- ☐ Chronic liver disease
- ☐ Chronic lung disease (e.g. COPD, asthma)
- ☐ Overweight (BMI >30kg/m^2)
- ☐ Diabetes (type 1 or 2)
- ☐ Heart conditions
- ☐ Neurological conditions
- ☐ I don't have any of these risk factors
- ☐ I am not sure

You can also check if you are eligible for COVID antiviral medicines by talking to your GP or visiting www.knowandgo.com.au

Additional information that might be helpful for your GP

If you know the following information, it can help your GP advise which treatment option is right for you.

My current medications:

_____

_____

_____

_____

_____

_____

My kidney function:

_____

_____

Creatinine clearance:

_____

_____

Items to have ready:
- Rapid antigen tests (RAT)
- Hand sanitiser
- Masks

Go

call your GP as soon as you test positive

It's important to act fast as antiviral medicines have to be taken as soon as possible – within 5 days after noticing symptoms of a COVID infection.

	Don't wait for your symptoms to get worse!
	Test to check that you have COVID, using an at-home rapid antigen test (RAT).
	Contact your GP, or call Healthdirect on 1800 022 222, to discuss getting started on your treatment plan. Have this plan with your medical history ready to share with your GP.

Need more information?

- **Learn more about COVID antiviral medicines**
  www.health.gov.au/topics/covid-19/oral-treatments
- **Check your eligibility for COVID antiviral medicines:**
  www.knowandgo.com.au
- **Updated eligibility for COVID antiviral medicines:**
  www.health.gov.au/health-alerts/covid-19/treatments/eligibility

References: 1. Australian Government Department of Health and Aged Care. Groups at higher risk from COVID-19. Available at: https://www.health.gov.au/topics/covid-19/protect-yourself-and-others/high-risk-groups. Accessed 5 February 2025. **2.** NSW Government. COVID-19 antiviral medicines - your questions answered. Available at: https://www.nsw.gov.au/health/covid-19/testing-managing/antiviral-medicines. Accessed 7 February 2025.

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