

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.

- | | |
|---|---|
| <input type="checkbox"/> Age 50 years or older | <input type="checkbox"/> Chronic kidney disease |
| <input type="checkbox"/> Aboriginal or Torres Strait Islander aged 30 years or older | <input type="checkbox"/> Chronic liver disease |
| <input type="checkbox"/> Moderate-to-severe immunocompromised aged 18 years or older | <input type="checkbox"/> Chronic lung disease (e.g. COPD, asthma) |
| <input type="checkbox"/> Aged 18 years or older with a past COVID infection that required hospitalisation | <input type="checkbox"/> Overweight (BMI >30kg/m ²) |
| <input type="checkbox"/> Living in residential aged care | <input type="checkbox"/> Diabetes (type 1 or 2) |
| <input type="checkbox"/> Living in a rural or remote area | <input type="checkbox"/> Heart conditions |
| <input type="checkbox"/> Living with a disability and/or frailty | <input type="checkbox"/> Neurological conditions |
| | <input type="checkbox"/> I don't have any of these risk factors |
| | <input type="checkbox"/> 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.

This information is based on information from the Pharmaceutical Benefits Scheme and should be used as a guide only. It does not replace advice from your GP, nurse or pharmacist.