

What should be in my COVID home-care kit?

Make sure your family is COVID-ready.

Most people will be able to manage COVID at home. Have a home-care kit ready to manage symptoms to help your household through isolation.



SYMPTOM RELIEF

- Paracetamol
- Ibuprofen
- Cough lozenges



FOOD AND DRINK

- Rehydration drinks – electrolyte drinks, sports drinks
- Ice blocks
- Non-perishable and plain foods
- Plan for how to get groceries – online orders, friends & family



PHONE NUMBERS

- Your GP
- Your emergency contacts
- NSW Health COVID-19 Care at Home Support Line on 1800 960 933



THERMOMETER

- Monitor your temperature
- Over 38°C – paracetamol can help
- Over 39.5°C – seek medical help if temperature does not respond to paracetamol



ESSENTIALS

- Your usual medications – have a 2-week supply
- Rapid antigen tests (if available)
- Toys, games and activities to keep everyone occupied



Know the isolation rules

People who test positive to COVID-19 on a rapid antigen test or PCR test and their household contacts must self-isolate. Find out more.

