

Some other key points to consider:

Do you have any appointments that you need to cancel or reschedule in your isolation period?

Are you expecting any non urgent services to enter your property, for example home cleaning or tradespeople in your isolation period? You may need to contact them to reschedule.

Have you got any pets that may need to be taken for a walk or require special care?

Do you have any bills that are due, and you normally pay by cash? Can you call the company and advise you are in isolation.

Financial Assistance:

If you have been asked to isolate you may eligible for an additional payment from Services Australia. To find out more, call 180 22 66.



gateway
health

People living well

155 High Street
Wodonga
02 6022 8888
Freecall 1800 657 573

45-47 Mackay Street,
Wangaratta
03 5723 2000



**COVID 19 Isolation
Information and
support for Benalla
and surrounds.**



Where to book your COVID 19 vaccination.

- **Church Street Clinic** — 03 5722 1022
- **Carrier Street Clinic** — 03 5762 2033

You will need to take your Medicare card and photo ID to your appointment. The vaccinations are free and you will require 2 injections to be fully immunised. You will be notified at your appointment when your second injection will be required.

What does isolation mean?

If you have been told to isolate, this means you have to go straight to the place you normally live. You must stay at home for the time you have been told to, by the Public Health Unit. The only time you can leave your property is in an emergency or if required by law.

The only time someone else can come into your house is for the following reasons:

- They normally live there and also need to isolate.
- They need to enter for medical or emergency purposes or to provide personal care, they provide a disability service or household assistance to support a person who needs help due to their age, disability or chronic health

If you have family/friends/supports who are going to drop food and other things to help support you through isolation, they will need to place the items at your front door and then stand as far back from you as possible. Once they have done this, then you can collect your items, whilst wearing your mask.

If you feel it is not safe for you to isolate at home at any point in isolation due to family violence you can leave and Call safe steps on 1800 015 188 or email safesteps@safesteps.org.au. They operate 24 hours a day, 7 days per week.

You may be feeling a bit worried about isolation, and that is very normal. If you have a backyard which is fenced off to others, you can still go outside and enjoy the fresh air, play with the kids or potter in the garden.

If you feel you need support and would like to talk someone, you can contact the Coronavirus Wellbeing Support service on 1800 512 348.

If you have tested positive to COVID 19 , your symptoms could range from nothing to feeling very unwell. It is important to monitor your symptoms and if you need assistance, call a local medical clinic, for urgent help call 000.

What if I need medication?

Contact your normal pharmacy and ask if they can deliver for you. Explain you are isolating and unable to collect yourself. You can also nominate someone else you trust to collect on your behalf.

What if I need food?

Woolworths Benalla— Smythe Street, Benalla. (03) 5760 4025. Order online. Delivery available 7 days per week. May take up to 24 hours.

Coles Benalla— Carrier Street, Benalla. (03) 5762 3611. Order online. Delivery not available, but can be collected on your behalf by another person.

If you need to access food relief, you can contact the COVID hotline on 1800 675 398 and choose option 4 for food relief. The line is manned 7 days per week, and they will organise your food to be delivered to your door, contact free. For urgent food relief you can also contact the Benalla Rural City Council on (03) 5760 2600.

If you receive meals on wheels, this can continue as normal. You will need to inform them that you are in isolation and they can leave at your door.

Your friends and family can also do your shopping if they are not isolating, and drop off on your doorstep.