

**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 be eligible for an additional payment from Services Australia. To find out more, call 180 22 66.



155 High Street  
Wodonga  
02 6022 8888  
Freecall 1800 657 573

45-47 Mackay Street,  
Wangaratta  
03 5723 2000



**COVID 19 Isolation  
Information and  
supports for Chiltern  
and surrounds.**



## Where to book your COVID 19 vaccination.

Rutherglen Medical Clinic— 02 6033 6600

Wodonga Vaccination Hub—1800 675 395

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](mailto: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 Chiltern Pharmacy on (03) 5762 1972. Free delivery for those in need, call to discuss.

### What if I need food?

Chiltern IGA - Contact (03) 5126 1471. Can arrange home delivery if required. Call to discuss

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. If you require immediate food relief you can also contact the Indigo Shire council on 1300 365 003.

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.