

Easy Read fact sheet



Getting antivirals and Care@home



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How to use this paper



Department of
Health

The Department of Health wrote this factsheet.



Department of
Health

When you see the word 'we', it means the Department of Health.



We wrote the factsheet in an easy to read way.

We use pictures to explain some ideas.



We wrote some hard words in **bold**.

This means the letters are thicker and darker.

We explain what the hard words mean.



You can ask for help to read this fact sheet.

You could ask a friend, family member, support person or advocate.

What is this paper about?



This factsheet is about **antiviral** medicines.

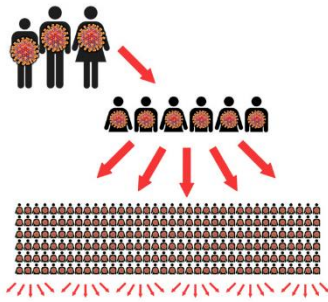
We call them antivirals for short.

Antivirals are medicines that help to stop you from getting very sick from the flu or COVID-19.



In this factsheet we tell you how to get antivirals if you need them.

What are Influenza and COVID-19?



Influenza and COVID-19 are viruses.

We call **influenza** the flu for short.

The flu and COVID-19 can:

- spread quickly
- make you very sick

When you catch these viruses, you might have:



- coughing
- sore throat
- a fever
- pain in your joints and muscles
- a headache

You might also feel very tired.



If people with disability get the flu or COVID-19, there is more chance they will:

- get very sick
- have to go to hospital



If you live or work with many other people, you have more chance of getting flu or COVID-19.

What is an antiviral medicine?



Antivirals are medicines that help to stop you from getting very sick from the flu or COVID-19.

Some people who have COVID-19 or the flu should take antivirals.



This can lower the risk of becoming very sick.

This might be people who have breathing problems or other health problems.



Antivirals do not take the place of **vaccinations** against COVID-19 or the flu.



Vaccinations are injections of special medicine that help to stop you getting very sick from COVID-19 or flu.



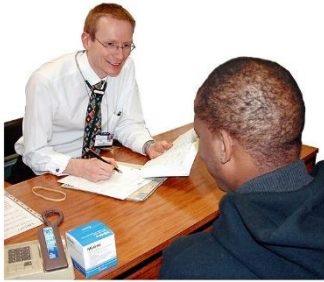
Getting vaccinated is still the best way to keep yourself and your loved ones protected from getting very sick from COVID-19 or the flu.



Some antivirals can be taken as a tablet.

This means you can take them at home.

You would not have to go to the hospital.



Not everyone who gets COVID-19 or the flu will need antivirals.

If you think you would become very sick from COVID-19 or flu, see your GP.

They can make a treatment plan for you.



The plan should say:

- how you will get tested if you get sick
- how you will get antivirals if you **test positive** to COVID-19 or the flu

test positive means that you have a test that proves you have COVID-19 or flu



If you do not have a regular doctor, or you cannot get an appointment, you can call -

Care@home on **1800 973 363**

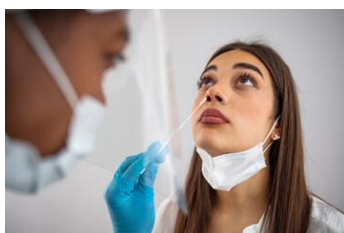
They can talk to you about what you can do.

How to get antivirals



First you must prove that you have COVID-19 or the flu.

There are two ways to do this.



With a **PCR** test or a **RAT**.

A **PCR** test is a test that is done by a health worker.

They rub a long cotton bud in the back of your nose.



Then they send this for testing.

This can prove that you have COVID-19 or the flu.

It usually takes 1 or 2 days to find out the result.



If you have **symptoms** of COVID-19 or the flu, you should contact your doctor or healthcare provider to get a PCR test.

Symptoms are signs that you have COVID-19 or flu.



Some symptoms might be:

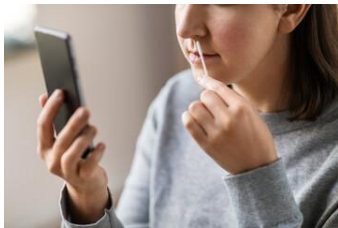
- feeling hot
- cough
- sore throat
- finding it hard to breathe



If you do not have a regular doctor, or you cannot get an appointment, you can call -

Care@home on **1800 973 363**

They can talk to you about what you can do.



A **RAT** is a test you can do yourself to find out if you have COVID-19.

Someone can help you do it.



You should **not** go to the pharmacy to get a free test if you have symptoms.

You might pass on COVID-19 to other people.



If the RAT says you have COVID-19 to get antivirals from your doctor or healthcare provider tell them straight away.

What to do if you are sick with COVID-19 or the flu and need medical advice?



- Contact your usual doctor.
- Call Healthdirect to speak to a nurse on 1800 022 222. They can help if you are not sure what to do.



- Visit www.tasafterhours.com to find a doctor, clinic or pharmacy near you.

This could be in the evening, weekends, or public holidays.



- Call the Care@home team on 1800 973 363.

They can help you with:



- getting tested
- antivirals if they are okay for you
- support if you have COVID-19, flu or other breathing illnesses and have a greater chance of becoming very sick.



Winter
wellness



Plan



Prepare



Protect

Speak Out Tasmania made this document Easy Read.

You need to ask us if you want to use any pictures from this document.

Please contact easyread@speakoutadvocacy.org

