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Some simple tips on staying COVID-SAFE at home

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WE'RE fortunate the Delta variant of COVID-19 is yet to reach our part of Victoria, and many people are working hard to keep it that way.

Most of us know it's important to be COVID-SAFE when we are out and about in the community and do a great job with that – but what about at home?

Yes, even at home there are things we can do to reduce the risk, particularly if you live in a household where a number of people may come and go at different times.

Keep it clean!

Regularly clean frequently touched surfaces and high-traffic areas in your home.

This includes surfaces like door handles, light switches, tables, bench tops, phones, keyboards, toilets and taps.

When cleaning, remember to not only wipe dirt and germs off surfaces, but also disinfect surfaces.

A "COVID-SAFE station"

At your front door, set up a small COVID-SAFE station with everything you need as you leave home or return from outside.

This could include unused face masks, hand sanitiser, disinfectant wipes to clean phones, keys and wallets and a container to store used face.

Remember to regularly clean this station and toss out or wash used wipes and face masks.

A lot of nurses and other health professionals do this kind of thing at home.

Know the symptoms

Knowing what symptoms to look out for will help you identify the virus fast.

If you are experiencing fever, chills, cough, sore throat, shortness of breath, loss or change in sense of smell or taste or even a runny nose, you should seek advice and get tested right away – don't wait for days.

Be prepared

This past year has shown us things can change at a moment's notice.

If you use a laptop for your work in a location away from home, remember to bring it home with you in case you suddenly have to work from home due to a lockdown or being in home quarantine.

If you can't work during such a period, help is available.

A $450 payment from the Victorian Government can be provided to workers who miss out on wages because they need to stay home.

If you test positive or are a close contact of someone who does, a further $1500 is available.

To find out more, go to www.coronavirus.vic.gov.au/financial-and-othersupport-coronavirus-covid-19.

Get vaccinated

All people in Australia aged 12 years old and over are now recommended to get the COVID-19 vaccine – and it's free.

You don't need a Medicare card if you get your vaccination at a government vaccination clinic.

The vaccine will help us end the pandemic sooner and get us all back to doing the things we enjoy.