



Assistance for people in quarantine or isolation

How do I manage food or medication?

- Ask your family/friends/others for assistance, such as to obtain groceries or medication.
- Consider using on-line shopping to order groceries and contacting your local pharmacy directly to organise supply of regular medication.
- Ask people making deliveries to your home/accommodation to leave the items at the door or in your letterbox.
- If you are unable to access food, medication or other essential items via family, friends or on-line shopping, you can contact 13 COVID (132 6843) and then press number 2, for assistance.

Medical assistance

- If you require urgent, immediate medical help (e.g. you have difficulty breathing) call 000 and let them know you are in isolation or quarantine due to COVID-19.
- If you need to seek urgent medical help at a hospital, you are permitted to leave your home.
- For other medical assistance call your General Practitioner (GP). If your GP is not able to assist, contact an after-hours GP service:

Night Doctor # + &	1300 644 483	https://nightdr.com.au/
Perth Home GP # * +	1300 815 321	https://perthhomegp.com.au/
& After Hours Home	1300 378 663	https://www.afterhourshomedoctorwa.com.au
# & Dial-A-Doctor # &	1300 030 030	https://www.dial-a-doctor.com.au/perth/
DoctorDoctor # & Get	13 26 60	https://www.doctordoctor.com.au/
Better # & + Home	1800 238 837	https://www.getbetter.com.au/
Doctor # &	13 74 25	http://homedoctor.com.au/locations/perth

- # able to provide telehealth services
- * service available for day time consultations
- & fees may be applicable for consultations/telehealth services/interpreter services
- + able to access interpreters when available

Other assistance

- If you need **welfare** assistance (e.g. food, medication, other essential items) phone the 13 COVID (132 6843) phone line (option 2).
- If you need **emergency dental** assistance phone 0429 441 162.
- If you need **mental health** assistance phone Beyond Blue on 1300 224 636.
- If you need urgent assistance and accommodation support related to **family or domestic violence** please call Crisis Care on (08) 9223 1111 or 1800 199 008
- If you need advice, information or support whilst dealing with sexual, domestic or family violence call 1800RESPECT or visit their [website \(and call 000 in any sexual, domestic or family violence emergency, or 131 444 for non-urgent police assistance\)](#).
- If you need **emergency police** assistance phone 000.

For other queries contact the 13 COVID (132 6843) phone line

Last updated 23 September 2020.

This document can be made available in alternative formats on request for a person with disability.