

Get Ready For Omicron and PLAN



With Omicron in the community, it is important to be as prepared and protected as possible.

PLAN in case you are positive

If you test positive for COVID-19, your whole household will need to isolate!

This means food and other necessities need to be delivered.

Organise a buddy outside your household to keep in touch, drop off supplies if you cannot order on-line or check:

Cambridge Baptist's COVID Flowchart.

PLAN:

- o Who are the emergency contacts?
- o Support plan for dependents/children
- o How will you let people know you are self-isolating?
- o Household instructions e.g pet and plant care; paying bills?
- o Who can help isolating easier e.g. dropping off food?

PLAN for support and emergency

If you need help when isolating at home, call the COVID-19 support phone line and no other support available:

0800 512 337

There is ministry support available for:

- Access to food and essential items
- Support with mental health
- Financial support
- Talking to your employer for time off work

For EMERGENCY phone:

- Your doctor
- Healthline 0800 358 5453
- Trouble with breathing 111

For PRAYER support check:

- Cambridge Baptist's COVID Flowchart

Wellness Kit

- o Nasal Sprays
- o Lozenges
- o Paracetamol
- o Ibuprofen
- o Cough Mixture
- o Prescription Medicines
- o Thermometer

Wellness Kit

- o Masks
- o Gloves
- o Tissues
- o Hand sanitiser
- o Rubbish bags
- o Cleaning products
- o Non-perishable food (list available from Cambridge Baptist Church)