

If you test positive and are at high risk for severe COVID-19 illness, treatments are available to reduce your chances of being hospitalized, if taken within five days of your first symptom.

You can help prepare yourself by writing down your plan to access treatment, especially if COVID-19 puts you at risk of severe illness due to underlying health conditions, age or other factors. Planning can save you time and stress so you can focus on feeling better and getting back on your feet.

To make your plan, fill out the sections below.

**1. Prepare what you can** - Keep up to date on your vaccinations and boosters. Create an emergency COVID-19 kit that meets your individual needs.

### Checklist for COVID-19 Preparedness Kit

- COVID-19 testing kits (order for free from [www.covid.gov/tests](http://www.covid.gov/tests))
- Over-the-counter medication (Tylenol, etc.)
- Tissues
- Well-fitting face masks such as N95s or KN95s
- Disinfecting wipes
- Prescription medication
- Frozen and/or non-perishable foods such as canned goods
- Pet food

**2. Identify your local free testing site** - Write down the name, address and hours. Appointments may be preferred. Test if you are experiencing symptoms. If you've been exposed to someone with COVID-19, consider testing five days later.

### My local free COVID-19 testing site

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE #: \_\_\_\_\_

HOURS OF OPERATION: \_\_\_\_\_

**3. Talk to your health care provider** - Have a conversation with your health care provider, if you have one, about how quickly they can see you and potentially prescribe antiviral medication if you test positive for COVID-19. Write down their office name, phone number and address.

### My health care provider

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE #: \_\_\_\_\_

Even with a plan in place, you may find yourself in need of help during a COVID-19 infection. You can call 211, or go to [211info.org](http://211info.org), for assistance with rent or utility bills, childcare, food access or other concerns that may arise from staying home. A representative will work to connect you with support services available near you.

**4. Explore other treatment options** - If you don't have a health care provider or can't see them quickly, try the federal [Test to Treat \(T2T\) program](#). T2T allows you to test for COVID-19, be evaluated for eligibility by a health care professional and receive antiviral medication all in one location or have a prescription sent to a nearby pharmacy. Call 800-232-0233 to find a T2T location near you and write down the address and phone number. (Some pharmacists can prescribe the oral antiviral medication Paxlovid directly to patients. Call your pharmacy to see if they participate and, if so, what documentation they need you to provide to be assessed for a prescription. Not all patients are eligible to receive prescriptions directly from a pharmacist.)

**My nearest Test to Treat site** (Call for appointment)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE #: \_\_\_\_\_

HOURS OF OPERATION: \_\_\_\_\_

**5. Identify what pharmacy you will retrieve your treatment from** - Because COVID-19 antivirals are only available at certain pharmacies, you can find the pharmacy closest to you that carries them by calling 800-232-0233. Write down the name, address and phone number to share with your prescriber.

**My nearest pharmacy that carries COVID-19 treatments**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE #: \_\_\_\_\_

HOURS OF OPERATION: \_\_\_\_\_

**6. Collect information for your emergency contacts** - Identify and write down your emergency contacts, such as family members or neighbors, who may help you if you get sick. Ask in advance if they can give you a ride to the pharmacy, for example, or help with kids, pets or grocery shopping.

**Emergency contacts (family, friends and/or neighbors)**

NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

**For help using [Test to Treat](#)**, call **800-232-0233** for support in English, Spanish and 150 other languages, daily, 5 a.m. to 9 p.m., Pacific Time. Call 211 or go to [211info.org](http://211info.org) if you need assistance with rent or utility bills, childcare, food access or other concerns that may arise from staying home. A representative will work to connect you with support services available near you.

**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us).