

Access to food relief, essential items and support to isolate

If you test positive on a rapid antigen test, you need to [report your results online](https://www.coronavirus.vic.gov.au/report) <www.coronavirus.vic.gov.au/report>.

Completing this report links people to a range of health and social supports. You can also report a positive rapid antigen test by calling the Coronavirus Hotline on **1800 675 398** (press 0 for an interpreter).

How to access food relief, essential items and support to isolate safely

1

Plan ahead. Consider food and essential items you might need. See [tips to prepare to isolate at home](https://www.coronavirus.vic.gov.au/prepare-covid-isolation) <www.coronavirus.vic.gov.au/prepare-covid-isolation>.



2

Use online shopping or delivery services.



3

Reach out to your friends, family and community for support.



4

To check food relief and other supports available in your area, including culturally appropriate food and ready-made meals, use an internet search engine such as [Ask Izzy](https://www.askizzy.org.au) <www.askizzy.org.au>.



5

If you need help to find your local food relief program, call the Coronavirus Hotline on **1800 675 398** and select Option 3 to speak with one of the team. If you need to speak to someone in another language, select option zero (0).



6

If you need a safe place to stay while you isolate with COVID-19, call the Coronavirus Hotline on **1800 675 398** to discuss a placement at the Victorian Quarantine Hub.



If you do not have access to online services call the Coronavirus Hotline on **1800 675 398** and select Option 3 for further information.

To receive this document in another format, [email Readiness, Response and Emergency Management](mailto:RREMOutbreak@dffh.vic.gov.au) <RREMOutbreak@dffh.vic.gov.au>.

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Available at [isolation support and emergency relief](https://www.coronavirus.vic.gov.au/isolation-and-quarantine-extra-help-and-support#food-and-essential-items-support) <https://www.coronavirus.vic.gov.au/isolation-and-quarantine-extra-help-and-support#food-and-essential-items-support>.