



University of  
South Australia

Department of  
Rural Health

# COVID-19 Action Plan

Name:

Placement dates:

Placement location:

The COVID-19 Action Plan is to be used as guide to help you prepare for your upcoming rural placement. Consistent with the relaxing of the restrictions announced by the Prime Minister and the Premier of South Australia, non-essential travel can now be undertaken again. Given this, students staying in accommodation in their placement region are reminded to engage in and maintain social distancing practices when travelling in and around rural South Australia.

## Actions to consider in the lead up to going on your placement

Preparation is important to ensure that you get the most enjoyment, learning and development from your placement. The following includes things to consider before you leave for placement.

## Keeping in contact

Staying connected and maintaining important relationships with family and friends is critical when away from home for any period of time.

THINGS TO CONSIDER	HINTS AND TIPS	MY PLAN
Does your mobile network provide phone coverage in the region where your placement is?	Check network website for coverage map. You may need to buy a Telstra SIM.	
How will you keep in contact with family and friends while on placement?	Phone calls WhatsApp Facebook Messenger Skype Google hangouts Instagram House Party	

## Student wellbeing

Maintaining your physical and emotional wellbeing whilst on placement is important.

THINGS TO CONSIDER	HINTS AND TIPS	MY PLAN
Are you aware of any other helplines for additional support if needed?	Check out your host university website for resources and helplines.	
What types of activities can you undertake to maintain physical and mental fitness?	Light exercise, reading a book, doing puzzles (jigsaws, crosswords etc).	
How will you maintain a healthy eating lifestyle while on placement?	This may mean that you will need to bring additional food with you.	
	Research supermarkets in the region and the opening hours and delivery options.	

## Student health

Should you become unwell whilst on placement it is imperative that you know what to do and who to contact.

THINGS TO CONSIDER	HINTS AND TIPS	MY PLAN
What happens if I become unwell during placement?	Is your usual GP offering a tele-health service?	
	Where is the nearest GP to your placement town? What are the contact details? Are they taking on new patients?	
	Visit symptom checker <a href="#">healthdirect</a> or call 1800 022 222 if you have questions.	
	Speak to your placement provider regarding your situation.	

## Who should I advise if I am required to self isolate?

Do not leave your accommodation or placement before notifying key contacts.

Placement Provider	t:	e:
Course Coordinator	t:	e:
CPU	t: 8302 2214	e: cpuoffice@unisa.edu.au
UniSA DRH	t: 1800 905 825	e: drhstudents@unisa.edu.au

If Applicable

UniSA Residential Village	t: 8647 6069	e: emily.chatfield@unisa.edu.au
Other	t:	e:

## Returning home

In the event of a confirmed case or where a student is required to self-isolate, students may need to end their placement early and return home\*.

THINGS TO CONSIDER	HINTS AND TIPS	MY PLAN
Are you planning to take your own vehicle?	We recommend that students take their own vehicle without passengers due to social distancing rules.	
	No. How will you get home if you need to leave your placement early?	
What is the travel distance from your place of residence to your placement accommodation?	2 hours or less. Travel straight home with no stops or contact with others.	
	2 hours or more, include rest breaks. Take precautions to minimise contact with others.	

\*Depending on availability, students may be able to continue to reside in supported accommodation, alternatively they will need to relocate to a hotel for the period of self-isolation.

## Putting together your COVID-19 Kit

Before heading out on your placement, it is a good idea to put together some items to take with you.

**Hand Sanitiser**

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**Antibacterial wipes**

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**Gloves/Masks \*optional**

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**Toilet paper**

☐

**Dry food**

☐

**Panadol**

☐

**Water for travelling**

☐

**Full tank of fuel**

☐

## Where to find more information and updates



Government  
of South Australia  
SA Health





1800 253 787



Australian Government  
Department of Health





1800 020 080



University of  
South Australia



Department of  
Rural Health





1800 905 825

## Share your COVID-19 Action Plan

It is important that you share your COVID-19 Action Plan with others, here are some important contacts.

☐ **UnISA DRH**

☐ **Upload to InPlace**

☐ **Family/Friends copy**

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