



Emergency relief packages

Free emergency food relief packages are available if you cannot get food because of coronavirus (COVID-19).

You do not have to be an Australian citizen or permanent resident to get an emergency relief package.

To get an emergency food relief package, you must:

- be in self-isolation or quarantine because you have coronavirus, are waiting for test results, or are a close contact
- not have friends, family or other people who can help you.

To get a package, call the coronavirus hotline on **1800 675 398** and choose the option for support for people with coronavirus (this includes food relief). If you need an interpreter, choose option 0 when you call the hotline.

If you cannot call the hotline yourself, someone you know can call for you.

You can also get financial support if you need to miss work. For more information call the coronavirus hotline.

What's in the package?

Basic food such as cereal, long-life milk, sugar, pasta and canned vegetables are in the package. It also has personal items such as soap, deodorant and toothpaste. If you need it, you can also get nappies and baby formula.

The packages are free. The package will give you enough basic food and personal items for two weeks. You will get enough food and other items for yourself and anyone else you live with.

Meals

If you are too sick or unable to cook for yourself, you may be able to get meals delivered. When you call the hotline, your details will be given to your local council and they will contact you about support options.

How will I get the package?

The package will be left at your door for you to pick up.

To receive this publication in a different format email.covid-19@dhhs.vic.gov.au <covid-19@dhhs.vic.gov.au>.

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Available at [DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

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Emergency Relief Packages - English