

OTHER OPTIONS FOR YOU NOW OR FOR NEXT TIME

13 HEALTH (13 43 25 84)



13 HEALTH is a free health advice phone line open 24/7. Adult and child health nurses can help you with advice on symptoms and conditions.

LOCAL DOCTORS

If you can't see your own GP, you can scan the QR code to find other local GPs who may have appointments available today, which you can book online or via phone.

www.healthdirect.gov.au/australian-health-services



GP RESPIRATORY CLINICS

These clinics see patients with respiratory illnesses like flu, COVID or other viruses. They are usually free of charge.



THE VIRTUAL EMERGENCY DEPARTMENT

If you can't get into a local GP or clinic and feel you have a health problem you would need to go to the Emergency Department for, you can call the Virtual ED. DO NOT use the Virtual ED for the following (go to hospital or call 000):

- Chest pain, breathing problems or turning blue
- Comatose or unconscious
- Sudden inability to move or speak, or sudden facial drooping
- The effects of a severe accident

<https://metronorth.health.qld.gov.au/hospitals-services/virtual-ed>

LOCAL PHARMACIES

They can give advice and treatment for minor ailments and help with symptoms of colds or flu, skin irritations, minor allergy symptoms, headaches, diarrhoea or constipation.

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HEALTH DIRECT SYMPTOM CHECKER

An option for the next time you are unwell.
www.healthdirect.gov.au/symptom-checker