

Tuesday 8 July 2025

## Find care fast this flu season

---

### Peak flu season is here. FindCareFast can help you to stay well this winter.

With cases of the common cold, influenza (flu) and COVID-19 on the rise, your usual point-of-call for healthcare may be experiencing increased demand. Online service navigation tool FindCareFast ([www.FindcareFast.com.au](http://www.FindcareFast.com.au)) can assist in directing you to other healthcare options if your regular GP or general practice is booked out or closed, but same-day medical attention may be required.

The FindCareFast website helps to direct and connect people residing across the Greater Brisbane region to their local primary care, urgent care, emergency care, mental healthcare and allied health service providers.

Nearly 40,000 visits have been made to the FindCareFast website since its launch six months ago.

Influenza, common cold and COVID-19 are already circulating in the community ahead of peak flu season from mid-July to September. Influenza is different to a common cold, COVID-19 and other infections and can cause you to become seriously ill, but these respiratory illnesses can have similar symptoms.

FindCareFast conveniently integrates with the *healthdirect* online Symptom Checker and 13 HEALTH phone line to empower and support you to make decisions about what healthcare service option is right for you, and in deciding where to go for treatment and advice.

“Flu cases are on the rise in Queensland with almost [30,000 diagnosed](#) in the last week of June. Flu symptoms can come on quickly and leave you feeling really unwell. If you’re not sure where to turn, FindCareFast is a helpful way to find the right local service without delay,” said a Brisbane North PHN and Metro North Health GP Liaison Officer program representative and practicing GP.

When your usual doctor or practice is not available, some urgent care clinics – as listed on the FindCareFast website – may be equipped to manage and treat respiratory illness. [Medicare Urgent Care Clinics \(UCCs\)](#) are open extended hours, seven days a week, for treatment of urgent (same-day, episodic and non-life-threatening) illnesses and conditions, or, when needed, respiratory illness.

Via a continuing Queensland Government program, funded flu vaccinations are once again available at **no cost** to all Queenslanders over six months of age. You can access a Government-funded flu shot now by booking an immunisation appointment at your regular doctor, general practice or pharmacy.

People in Greater Brisbane in need of healthcare service options this flu season can access FindCareFast [online](#) via desktop or mobile browser to find an available, or next available, healthcare pathway nearest to them at any time of day.

[www.brisbanenorthphn.org.au](http://www.brisbanenorthphn.org.au)

Level 1, HomeCo Lutwyche  
120 Chalk Street, Lutwyche QLD 4030  
PO Box 845 Lutwyche QLD 4030  
t 07 3630 7300

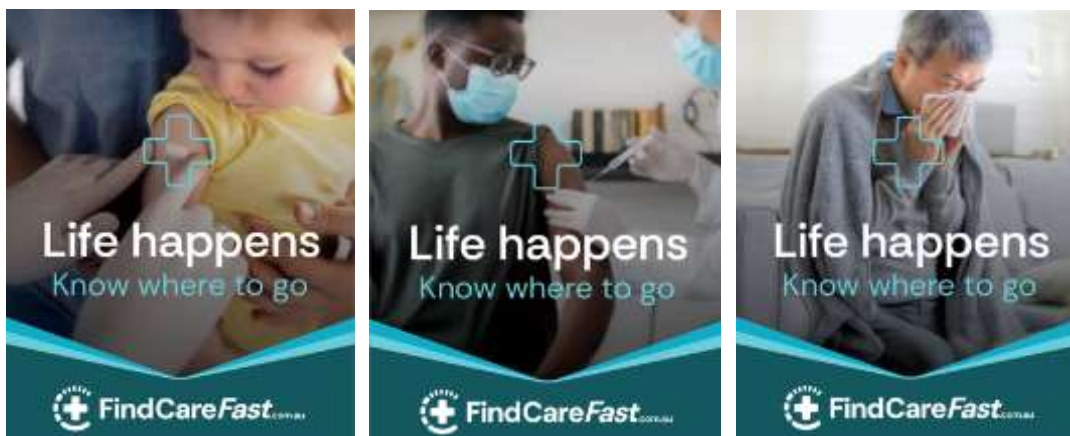
Brisbane North PHN, with the endorsement of the infection control and immunisation expertise of Metro North Health's Public Health Unit and the Australian Technical Advisory Group on Immunisation (ATAGI), recommend all people aged 6 months and over receive an annual influenza vaccine.

## Media contact

Hugh Suffell, Coordinator | Public Relations and Communications | Brisbane North PHN  
0456 740 110, [Hugh.Suffell@brisbanenorthphn.org.au](mailto:Hugh.Suffell@brisbanenorthphn.org.au)

### Editor's note:

For high resolution campaign assets, please contact Hugh Suffell at [communications@brisbanenorthphn.org.au](mailto:communications@brisbanenorthphn.org.au)



## About Brisbane North PHN

Brisbane North PHN is one of 31 Primary Health Networks nationwide and supports clinicians and communities in Brisbane's northern suburbs, Moreton Bay, parts of Somerset Regional Council and support to people of Norfolk Island. The PHN covers approximately 4,100 km<sup>2</sup> of urban, regional and rural areas, with a population of over one million.

The key objectives of the PHN are:

- increasing the efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes, and
- improving coordination of care to ensure patients receive the right care in the right place at the right time.

**ENDS**

[www.brisbanenorthphn.org.au](http://www.brisbanenorthphn.org.au)

Level 1, HomeCo Lutwyche  
120 Chalk Street, Lutwyche QLD 4030  
PO Box 845 Lutwyche QLD 4030  
t 07 3630 7300