Your health - do you know where to go?

The right place to go for care can depend on your condition and the level of care you need.



General Practice

This is your regular, trusted doctor. Your general practice should be the first place you go for all your health needs, except emergencies.

Many GPs are open outside standard business hours, including evenings and weekends.

- All non-life threatening health needs that can wait to be seen
- Any noticeable changes in your general health and wellbeing, including your mental health
- Annual exams, screenings and health checks
- Immunisations
- Earaches, coughs, colds, fevers and diarrhoea
- Prenatal care
- Chronic disease management
- Muscle and joint pains
- Mild COVID-19 (telehealth appointment required)



Urgent Care

medicare

Urgent Care Clinic

Visit an urgent care clinic when you can't access your usual GP for urgent conditions that aren't life-threatening including:

- Minor infections
- Minor fractures, sprains and sports injuries
- Back and neck pain
- Pain when urinating (UTIs)
- Stitches and glue for minor cuts
- Insect bites and rashes
- Minor eye and ear problems
- Symptoms of minor illness, such as fever, cough, runny nose, sneezing, sore throat, headache or muscle ache
- Symptoms of gastroenteritis, such as diarrhoea, vomiting, nausea or fever
- Mild burns



Emergency Care

Emergency departments should be reserved for situations that could result in loss of life or limb if not treated immediately.

Seek Emergency care for:

- Severe allergic reaction (Anaphylaxis)
- Severe COVID-19
- Chest pain
- Warning signs of stroke, including altered sensation in face, arms and legs
- Severe bleeding or bleeding that doesn't stop
- Severe shortness of breath
- Serious vehicle or industrial accidents
- Poisoning
- Complicated bone fractures
- Major illness
- Head injuries with loss of consciousness
- Suicide attempt or thoughts

Go to nearest ED or call 000

Contact your GP

Visit an Urgent Care Clinic