

Do you or your family need medical help or advice?

Understanding your symptoms can help you choose the right care option.

Your situation

Best care option

- Mild coughs, cold or flu
- Upset stomachs
- Bites and stings
- Medication advice

Pharmacy

Get advice from a local pharmacist (or chemist)



- Range of illnesses
- Minor injury
- Mental health support
- Ongoing or chronic conditions

General practice

Start with your regular doctor for ongoing health care and management



- Minor broken bones
- Sports injuries
- Burns or cuts
- Minor illnesses or infections

Medicare Urgent Care Clinics

For urgent but not life-threatening illness or injury



- Feeling unwell
- Need advice now
- Unsure where to go
- Need help finding an available service near you

1800MEDICARE

Call 1800 633 422 for free 24/7 health advice or visit 1800medicare.gov.au



- Life-threatening conditions
- Severe pain or collapse
- Difficulty breathing
- Uncontrollable bleeding
- Mental health crisis

Emergency department

Call 000 or go to your nearest hospital ED



Scan to go to:
maketherightcall.info



phn
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