

# Choose the right care

The best place to go for care depends on 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.

### Visit primary care for:

- ✔ 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 diarrhea
- ✔ Prenatal care
- ✔ Chronic disease management
- ✔ Muscle and joint pain
- ✔ Mild COVID-19 (telehealth appointment required)

**Contact your GP**

## Urgent Care Clinic

### Cairns South Medicare Urgent Care Clinic

Visit the Cairns South Medicare UCC for urgent conditions that aren't life-threatening when you can't access your usual GP.

The UCC is not a replacement for people seeing their usual GP. All of the conditions listed in this section are also available from your usual GP.

### Visit the Cairns South Medicare UCC for:

- ✔ 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 gastroenteritis, such as diarrhoea, vomiting, nausea, or fever
- ✔ Mild burns

**Visit the Cairns South Medicare UCC**



## 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**