

KEEPING YOU WELL PHYSICALLY

We want to keep you as well as possible. To do that we need you to monitor your health and let us know if you become unwell in any way. This includes mentally and physically.

CORONAVIRUS AND OTHER SYMPTOMS TO LOOK OUT FOR:

- Not feeling well generally
- Increased lethargy and fatigue
- Fever
- Headaches
- Increasing or new cough
- Changing or new sputum
- Increasing shortness of breath
- Nausea or vomiting
- Loss of taste and altered smell
- Other symptoms you are concerned about

While Coronavirus is on everyone's mind at the moment, it is important you don't forget that other health and medical conditions are still relevant and should be monitored and addressed. Keeping your overall health is important and will help you should you become infected with Coronavirus.

WHAT SHOULD I DO?

Call us on 02 6684 1511 as soon as you feel unwell and let us know your symptoms/concerns.

If you are seriously unwell, call 000.

Mention at the hospital that your regular GP is at Mullumbimby Medical Centre.

WHAT WILL WE DO?

We will get one of the nurses or doctors to chat with you over the phone to work out if we might need to see you in person or if we can manage your symptoms over the phone.

KEEPING YOU WELL MENTALLY

We know that social isolation due to Coronavirus can have a big impact on mental health and well-being.

SYMPTOMS TO LOOK OUT FOR:

- Low mood
- Feeling anxious or worrying more
- Finding it difficult to sleep
- Loneliness
- Stress
- Irritability
- Anger
- Tensions in relationships at home

WHAT SHOULD I DO?

Reach out to family and friends via phone or video chat. If that doesn't help, or you feel you need more support, call us on 02 6684 1511.

WHAT WILL WE DO?

We will get a nurse or doctor to chat to you over the phone. We have Psychologists and Mental Health Practitioners who can help you cope. This includes offering support over the phone.

If you are struggling to get your medicines or groceries please call us as we may be able to help.

OTHER SOURCES OF HELP

Beyond Blue: 1300 22 4636

Lifeline: 13 11 14

NSW Domestic Violence Line: 1800 656 463

MensLine: 1300 78 99 78