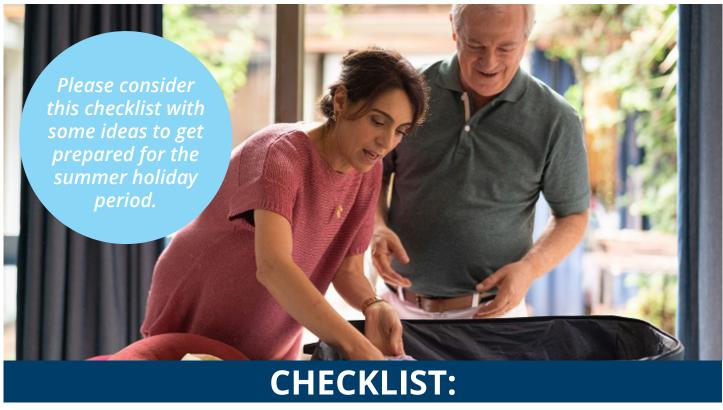




## POOR HEALTH DOESN'T TAKE A HOLIDAY ... BE PREPARED



## Ask your usual doctor to update your My Check prescription expiry dates and number of repeats remaining will cover the holiday Health Record period Make a list of important health phone Fill prescriptions to cover the holiday period numbers, such as the after hours GP helpline or take the prescription with you on 1800 022 222 ☐ Check medical equipment supplies will cover ☐ Keep medicines out of hot cars the holiday period ☐ Take water with you on any journey Pack over the counter medicines Consider a personal locator if remote For parents, consider packing your child's camping, hiking or boating thermometer Slow down! Things take extra time in the ☐ Purchase or re-stock a first aid kit summer holidays Find out when my / the local doctor's surgery Add your own reminders: will be open Bookmark <u>www.healthdirect.gov.au</u> the online health service directory and symptom checker Have your health action plan handy, this will help you or others if you become unwell Use symptom checker to help find out if

a health problem needs medical care