

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

Please consider this checklist with some ideas to get prepared for the summer holiday period.



CHECKLIST:

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

Add your own reminders:

- ☐
- ☐
- ☐

Wishing you a safe holiday period!