Mild Flu-like Symptoms?

Sniffly nose? Mild cough?

Self-isolate

- Stay home
- take panadol for fevers, aches and pains
- stay hydrated and rest

Resources

- health.gov.au
- health.qld.gov.au
- mckinlay.qld.gov.au
- facebook.com/JuliaCreekMedicalCentre/
- facebook.com/mckinlayshire.council/
- facebook.com/NorthWestHHS/

If you have flu-like symptoms or if you think you have COVID-19, **DO NOT** present to the Julia Creek Medical Centre, present to the MPHS "Flu Clinic" (marquee) as per signage. Please ring 07 4746 4000 before presenting.

Helpful Contacts

- 13HEALTH – **13 43 25 84**
- Julia Creek Hospital: **07 4746 4000** Primary Care Central Patient COVID-19 Triage Hotline: **1800 020 080**

Pevent the Spread

- Social distancing
- Good and regular hand-washing
- Cough etiquette