

General practice respiratory clinics: winter 2022 communications pack

Newsletter/website content

Article 2

Target audience: general public

Cold, flu or COVID? Please see your GP or a GP respiratory clinic this winter

If you turn up to a hospital unannounced, you will likely be waiting many hours to see a doctor – and placing more pressure on a system that is close to breaking point.

So, when Melbourne’s winter chill makes your nose run, your eyes water or your throat ache, book an appointment with your GP – or a GP respiratory clinic.

During the colder months we must all help protect our hospitals so that they can look after people who are critically unwell.

If you have mild COVID-19, flu, cough or cold symptoms, a GP is the best health professional to quickly provide you with the care you need. If your usual GP can’t see you face to face, appointments are available at [general practice respiratory clinics](#) (GPRCs).

GPRCs operate at many locations across metropolitan Melbourne. They are free for people of all ages – with or without a Medicare card. Most clinics are available after hours and on weekends.

Clinicians at GPRCs provide comprehensive, face-to-face assessments and immediate support for anyone with respiratory symptoms to manage their illness. This includes anyone with:

- COVID-19 (call ahead)
- influenza and cold symptoms such as a cough, runny nose, sore throat or fever
- asthma
- hay fever
- chronic obstructive pulmonary disease (COPD)
- emphysema
- pneumonia
- mild shortness of breath*.

Visit nwmphn.org.au/gprcs for more information including booking links, opening hours and a map of all GPRCs in metropolitan Melbourne.

**If you have severe trouble breathing, blueness around the mouth, chest pains, or pain in your arms or jaw, call triple zero (000) for urgent help.*