

General practice respiratory clinics: winter 2022 communications pack

Newsletter/website content

Article 4

Target audience: schools

Cold, flu or COVID? GP respiratory clinics can provide face-to-face treatment for students and teachers

Flu season is here, COVID-19 is continuing to circulate, and we are seeing the highest levels of other respiratory viruses in the community since 2019.

It is crucial that we direct people with mild respiratory issues to the right care this year, without placing unnecessary pressure on hospitals or putting students and teachers at risk.

Students and teachers with cold, flu and COVID symptoms such as fever, runny noses, a scratchy throat, a sore ear, itchy eyes or a mild cough should see a GP.

If your usual GP can't see you face-to-face, appointments are available at [general practice respiratory clinics](#) (GPRCs), which 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 during the day as well as 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:

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

Doctors and nurses are urging schools to direct parents with mildly unwell children and teenagers to their usual GP or a GPRC, saving hospitals for emergencies only.

Please help inform students, parents, teachers and school staff of this urgent request. These resources are available to help you:

- [Posters](#)
- [Social media tiles](#)
- [Social media messages \(.pdf\)](#)
- [Communications pack](#)

Visit nwmpnh.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.*

We acknowledge the peoples of the Kulin nation as the Traditional Owners of the land on which our work in the community takes place. We pay our respects to their Elders past and present.



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