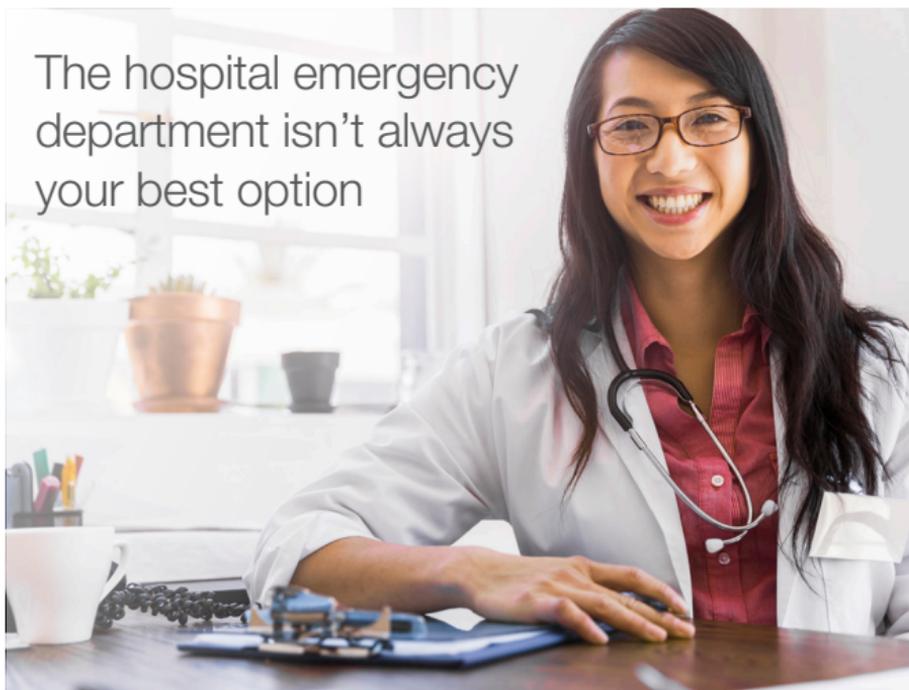


# The hospital emergency department isn't always your best option



The only thing worse than being unwell, is being unwell when you're away from home. But if something unexpected does happen, it's good to know you can identify the care you need quickly.

To help get you back on your feet, the following services will be able to provide you the level of care you need – that doesn't involve an unnecessary trip to the Hospital emergency department.



## Getting worried

Get free customised medical information, including what to do next. See [healthdirect.gov.au/symptom-checker](https://healthdirect.gov.au/symptom-checker)



## Need to talk now

Call Healthdirect on **1800 022 222** for 24 hour advice and information you can count on from a nurse. Alternatively your local pharmacist will be able to assist you with the treatment and/or advice you need.



## Need to see a doctor

nib has a network of preferred GP's and specialists. Find a provider in your area [nib.com.au/find-a-provider](https://nib.com.au/find-a-provider)



## It's an emergency

Go to a hospital emergency department or call **000** for an ambulance.

Adapted from the Brisbane North PHN Emergency Alternatives campaign.

[healthdirect.gov.au](https://healthdirect.gov.au) is a government funded website providing health information online and over the phone. This service provides general information only and is not intended to be used as medical advice. nib does not endorse the content of this website and is not responsible for your reliance on any information it contains.

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