



**ASTHMA  
AUSTRALIA**

# **KIDS HEALTH**

What to do  
when a little one **IS SICK**



**1800 ASTHMA**

**(1800 278 462)**

**[asthma.org.au](http://asthma.org.au)**



**ASTHMA  
AUSTRALIA**

## RECOGNISING ILLNESS.

It can be scary to see a child unwell or in distress. Today we want to help you to recognise and understand some common symptoms in children and help you decide where to get the best care for kids when they need it.

- ✓ Many childhood illness are very common
- ✓ Most of the time they are mild and can be treated at **home**
- ✓ Sometimes you will need to see a **doctor**
- ✓ Occasionally you will need to go to hospital or call an **ambulance**

## A LOT OF ILLNESS HAS THE SAME SIGNS.

- Grizzly or unsettled
- Tired
- Not eating or drinking as much
- Less wet nappies
- Fever (normal temp can be up to 38°C)

Fever, rash and virus are words that will be used to describe many illnesses today. We will explain them more fully.

# THERE ARE MANY TYPES OF HEALTH SERVICES.



Some things may be managed at **home**



Health advice **helplines**, such as Nurse-on-call 1300 60 60 24



For medication or advice, visit a **pharmacy**



Late night medical centres or home visiting **doctors** (13SICK)



**Hospital** emergency departments



In an emergency, always call triple zero (000) for an **ambulance**

Helpful website: [myhealthrecord.gov.au](https://myhealthrecord.gov.au)



My Health Record lets you control your health information securely, in one place.

This means your important health information is available when and where it's needed, including in an emergency.

# FEVER SIGNS AND SYMPTOMS.

• High temperature over 38°C

• Feel hot

• Not as active

• Drinking and eating less

• Irritable / grizzly

• Vomiting

## FEVER.

- Normal temperature is 36.5°C – 37.5°C
- Fever in children is very common
- A fever is a sign of infection and this is usually viral
- A fever is generally not harmful
- A fever is the body's immune system working
- Some children can have a fit when their fever rises rapidly



# WHAT YOU CAN DO FOR FEVER.



## What you can do at **home**

- Encourage fluids → smaller amounts, more often
- Plenty of rest
- Appropriate clothing
- Keep them comfortable
- Cool baths and fans are not recommended



## When a **pharmacist** can help

- Electrolyte replacement products
- Medications that may reduce fever
- Remember to talk about herbs, teas and any other medicines the child may take



## When to go to **hospital**

- Babies <3 months with high fever
- There is also a rash
- If you're worried or unsure
- Stiff neck
- Light hurting their eyes



## When to call **triple zero** (000)

- Breathing problems
- Hard to wake



RCH

## Helpful App

Kids Health Info, The Royal Children's Hospital.  
[Includes Fact Sheets.](#)

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# RASH SIGNS AND SYMPTOMS.

- Discolouration or marks on skin

- Raised bumps appear on skin

- Blisters in groups or trails

- Welts (red/dark, raised marks)

- May be sore or itchy

- Can look like insect bites

# RASH EXAMPLES.



Kawasaki Disease



Meningococcal Rash



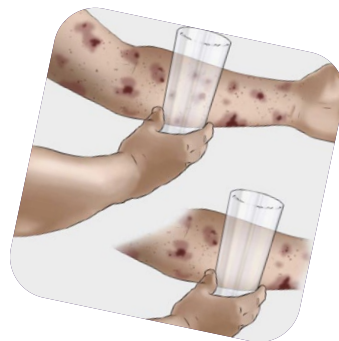
Milk Rash



Chicken Pox



Meningococcal Rash



Blanch Test



## RASH.

- A rash is very common in children
- Most are caused by a virus
- Most are nothing to be worried about
- A rash may last days or weeks

## WHAT YOU CAN DO FOR RASHES.



### What you can do at **home**

- Keep child comfortable
- Encourage fluids
- Treat itch
- Most rashes will get better on their own
- Remember to wash your hands
- Pain relief if required



### When a **pharmacist** can help

- Treatment for itch
- Medications that may reduce fever
- Medications that offer pain relief



### When to see a **doctor**

- If they have **fever** with the rash (rash usually appears at end of illness)



### When to go to **hospital**

- If you're worried or unsure
- You cannot get to a doctor or pharmacist
- If the rash is small, bright red, purple or deep discolouration spots that don't turn white when you press them (blanch test)

# VIRUS SIGNS AND SYMPTOMS.

- High temperature over 38°C
- Not as active, less food & drink
- Irritable or grizzly
- Runny nose
- Sore throat, coughing
- Vomiting or diarrhoea

## VIRUS.

- A virus is a germ that may cause infections
- They are very common
- A virus can be colds, flu, chicken pox, ear infection, chest infection, croup
- The most common virus is a cold
- Viruses can be easily spread
- Can last days or weeks, needs to run its course





# WHAT YOU CAN DO FOR A VIRUS.



## What you can do at **home**

- Encourage fluids, smaller amounts, more often
- Plenty of rest
- Use products to help clear the nose
- Medication for discomfort



## When a **pharmacist** can help

- Instructions for nasal saline products, such as preservative-free drops or spray
- Discuss medications for discomfort, such as paracetamol or ibuprofen



## When to see a **doctor**

- There is fever and a rash
- Fever for more than a couple of days
- Decreased wet nappies



## When to go to **hospital**

- Babies <3 months with high fever
- Rash that does not blanch
- Hard to wake
- If you're worried or unsure
- Breathing faster or harder than normal
- Skin sucking in around ribs/throat

**"I thought it was just a case of the flu"**

Do you know enough about meningococcal disease?



Meningococcal disease is hard to recognise as early symptoms are easily mistaken for a cold or flu. Whilst it is a rare disease, it can be fatal within 24 hours or cause permanent disabilities.

Different strains cause invasive meningococcal disease.

**Most Australians at risk are not fully protected.**



**SPEAK TO YOUR DOCTOR ABOUT MENINGOCOCCAL DISEASE AND PREVENTION OPTIONS, INCLUDING VACCINATION**

# EAR INFECTION SIGNS AND SYMPTOMS.

• Ear can be red inside or out

• Pain, or child tugging at ear

• Fever

• Runny nose

• May see discharge from ear

• Discomfort can be sudden

## EAR INFECTION.

- Another common childhood illness, especially in babies and young children
- This is because the tubes in their ears are smaller
- Usually get better quickly and are not serious
- Antibiotics are not always given as it is usually a virus



# WHAT YOU CAN DO FOR AN EAR INFECTION.



## What you can do at **home**

- Pain relief
- Encourage rest
- Encourage fluids
- Avoid swimming



## When a **pharmacist** can help

- Instructions or other advice about drops or medication a doctor may prescribe
- Medications that provide pain relief



## When to see a **doctor**

- If you think your child has an ear infection, it is a good idea to see the family doctor or call a home visiting doctor
- If it is painful and red on the bony area behind the ear



## When to go to **hospital**

- Bleeding or discharge from the ear
- If you're worried or unsure
- You cannot get to a doctor

Helpline for free professional health advice around the clock:



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# CROUP SIGNS AND SYMPTOMS.

- Begins as a cold
- Cough will sound like barking
- Sound squeaky when breathing in
- Hoarse voice
- Fever
- Coughing usually worse at night

## CROUP.

- A type of virus
- Causes swelling of the voice box and windpipe
- Affects children 6 months to 5 years
- It can be worse at night
- It can get worse quickly so monitor for signs of breathing problems



# WHAT YOU CAN DO FOR CROUP.



## What you can do at **home**

- Encourage rest
- Encourage fluids
- Keep them calm
- Medication for discomfort



## When a **pharmacist** can help

- Discuss medications for discomfort, such as paracetamol or ibuprofen



## When to go to **hospital**

- If your child is under 6 months
- If your child is distressed



## When to call **triple zero (000)**

- If they are struggling to breathe
- They are also drooling
- If they are also pale and drowsy
- Breathing faster or harder than normal
- Skin sucking in around ribs/throat

**Victorian Government Supercare Pharmacies** are open 24 hours a day, seven days a week, with a private consulting room and free registered nursing service on site from 6 pm to 10 pm, everyday.



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# CHEST INFECTION SIGNS AND SYMPTOMS.

• Grizzly

• Fever

• Faster breathing

• Whistle when breathing out

• Decreased oral intake

• Laboured breathing

## CHEST INFECTION - (BRONCHIOLITIS).

- Another common virus
- It affects the airways in the lungs
- Common in babies under 12 months, and up to 5 years
- They can be sick for up to 10 days
- They can continue to cough for 4 weeks
- Antibiotics do not help
- Made worse by exposure to cigarette smoke



# WHAT YOU CAN DO FOR CHEST INFECTION.



## What you can do at **home**

- What you can do at home
- Small, frequent feeds
- Plenty of rest
- Use treatment to help clear the nose, especially before feeds
- Medication for discomfort



## When a **pharmacist** can help

- Instructions for nasal saline products, such as preservative-free drops or spray
- Discuss medications for discomfort, such as paracetamol or ibuprofen



## When to see a **doctor**

- If they have trouble feeding
- If they have less wet nappies
- If their skin is pale\*\* and sweaty
- If they change colour in the face when they cough



## When to go to **hospital**

- Your baby was premature, or is younger than 10 weeks
- Your baby has chronic lung disease
- Your baby is Aboriginal or Torres Strait Islander
- If you're worried or unsure



## When to call **triple zero** (000)

- If they are having trouble breathing



## Keeping your child healthy in childcare or school!

PROUDLY SUPPORTING

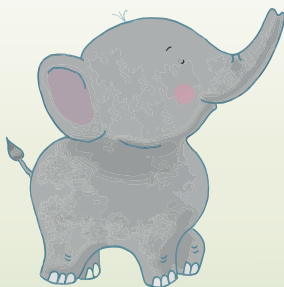


Colds and snotty noses are very common in babies and children. Children tend to catch more colds and have a lower resistance to germs than adults.



A gentle **preservative-free nasal saline spray** like Flo can help relieve cold and allergy symptoms by:

1. Washing out viruses and allergens in the nose
2. Clearing mucus in the nose resulting in easier breathing and sleep



Ask your Pharmacist for Flo!

**ALWAYS READ THE LABEL. FOLLOW INSTRUCTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.**

Tell Me Baby Reviewers have not received any valuable consideration from Flo for their testimonial. Flo proudly supports the work of Asthma Australia. The Asthma Australia logo in this advert does not in any way constitute an endorsement by Asthma Australia of ENT Technologies or Flo products.

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# ASTHMA SIGNS AND SYMPTOMS.

- Breathing faster and harder
- Heavy or squeeze feel in chest
- Wheezing or whistling
- Trouble saying a sentence
- Cough worsens at night
- Cough worsens after exercise

## ASTHMA.

- Asthma is caused by the airways in the lungs becoming narrow
- This may be caused by something in the environment called a trigger
- Triggers can be dust, pollen, a cold, pets, cigarette smoke, exercise
- This makes the airways become swollen, have extra mucous and the bands of muscles become tight





# WHAT YOU CAN DO FOR ASTHMA.



## What you can do at **home**

- You should follow your Asthma Action Plan
- You will have a reliever medication (blue puffer) for acute symptoms
- You may also have a preventer medication to take everyday
- You can also use Asthma First Aid



## When a **pharmacist** can help

- To buy reliever medication, the blue puffer (no doctor required)
- Instructions for how to best use your blue puffer
- To buy a spacer<sup>^</sup> and face mask to enhance medication delivery



## When to go to **hospital**

- If your child is wheezy and coughing
- They have increased effort in their breathing
- Asthma is best managed with regular visits to your doctor
- To get an Asthma Action Plan for childcare or school



## When to call **triple zero** (000)

- If they are having trouble breathing
- Your child is becoming distressed or limp
- Has deep sucking in around their chest or throat



## Did You Know?

Spacers are designed to improve delivery of pressurised metered dose inhaler (puffer) medications in the lungs.



PROUDLY SUPPORTING



## Spacer with Small Mask

- Anti-Static - no priming needed
- Reusable, single patient use
- Latex & BPA free
- Environmentally friendly durable and recyclable materials
- Unique butterfly one way valve
- Universal 15mm - 22mm mouthpiece
- Click-apart chamber for easy cleaning
- **Clinically Proven\***



The Butterfly Valve<sup>®</sup> prevents **backflow** of expired air and is an **auditory cue** for correct breathing in and out



Find in your local pharmacy or go to [www.echamber.com](http://www.echamber.com)  
©2019 Bird Healthcare Pty Ltd, 18 Corporate Blvd, Bayswater VIC 3153

\*visit [www.echamber.com](http://www.echamber.com) for references

# ASTHMA FIRST AID

1



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

2



**GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER**

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
- Repeat until 4 puffs have been taken
- Remember: Shake, 1 puff, 4 breaths

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3




**WAIT 4 MINUTES**

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above


OR give 1 more dose of Bricanyl or Symbicort inhaler

## IF THERE IS STILL NO IMPROVEMENT

4



000



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

 Translating and Interpreting Service  
131 450



Contact Asthma Australia

**1800 ASTHMA**  
(1800 278 462)

[asthma.org.au](http://asthma.org.au)

### CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it's asthma
- the person is known to have Anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

# ASTHMA AUSTRALIA TRAINING.

## 10760NAT COURSE IN ASTHMA AWARENESS.

This course is specifically designed to promote the standard emergency management protocols for dealing with an asthma emergency, and raise participant's knowledge about the underlying causes of asthma, the triggers, and the recognition and treatment of asthma.

**NOTE:** This course meets current ACECQA requirements for Asthma Management Training.



Asthma Australia  
**TRAINING**  
**BOOK TODAY**



**ASTHMA  
AUSTRALIA**  
RTO No. 4987

Call us on 03 9026 7088 to make a booking.

# GASTRO SIGNS AND SYMPTOMS.

• Fever

• No interest in food or drink

• Stomach pain

• Vomiting

• Diarrhoea

• Less active

## GASTRO.

- Gastro is an illness in the tummy
- It can be caused by lots of different reasons
- But the common cause is a virus
- Gastro is very easy to pass on, so hand washing is very important



# WHAT YOU CAN DO FOR GASTRO.



## What you can do at **home**

- Regular hand washing
- Most important is to keep your child drinking
- Offer smaller amounts fluid more often
- Try water, breast milk / formula



## When a **pharmacist** can help

- Electrolyte replacement products



## When to see a **doctor**

- If your child is <6 months
- They have vomiting and diarrhoea and not drinking
- If they cannot keep any fluids down
- Have blood in their poo
- Have green vomit
- Have decreased wet nappies
- Signs of dehydration (dry lips, mouth, tongue)



## When to go to **hospital**

- If you're worried or unsure
- You cannot get to a doctor or pharmacist
- 'Soft spot' (fontanel) is sunken

## Medication Examples



Electrolyte Replacements



Paracetamol



Ibuprofen



Antihistamines



Preservative-Free Salines



Adrenaline Auto-Injector



Blue Reliever Puffer

# ALLERGY SIGNS AND SYMPTOMS.

• Rash and/or itchiness

• Tingling in or around mouth

• Stomach pain

• Vomiting

• Diarrhoea

• Swelling at site

## ALLERGY.

- Allergic reactions are common
- The most common cause in children is food: eggs, peanuts, cows milk, soy, wheat, fish and shellfish
- Other reactions can be to bee, or other insect bites; grasses or trees
- Materials such as latex or metals
- Medicines such as antibiotics
- Many reactions are mild



# WHAT YOU CAN DO FOR AN ALLERGY.



## What you can do at **home**

- For a mild allergic reaction give a medicine called antihistamine
- If severe (anaphylaxis) and it is known, you should now have an action plan may include an auto injector pen (epi pen)



## When a **pharmacist** can help

- Medications called antihistamines
- To buy auto injector to use with action plan
- For advice or treatments for itch, rash or other allergy symptoms



## When to go to **hospital**

- If you're worried or unsure
- Persistent cough or wheeze



## When to call **triple zero** (000)

- If they are having trouble breathing
- After administering an epi pen
- Swelling of the tongue or throat
- Pale\*\* and floppy body
- Skin discolouration
- Severe reaction

## 10710NAT COURSE IN ALLERGY AND ANAPHYLAXIS AWARENESS.

The purpose of this course is to raise awareness of allergy and anaphylaxis in the community.

**NOTE:** This course meets current ACECQA requirements for Anaphylaxis Management Training.



Asthma Australia  
**TRAINING**  
**BOOK TODAY**



**ASTHMA  
AUSTRALIA**  
RTO No. 4987

Call us on 03 9026 7088 to make a booking.

# SUMMARY.

- Illness and injury is common in children
  - A virus is the most common illness
  - Most things can be managed at **home**
  - Seek advice when required
  - Most **helplines** can help you triage symptoms
  - Some **helplines** have access to interpreters
  - Call an **ambulance** or go to **hospital** if things if you feel things are serious
- 
- A first aid course is recommended to help you feel more confident
  - There are also courses for managing anaphylaxis or asthma

## HILTAID003 PROVIDE FIRST AID.

This course is specifically designed to provide knowledge and skills providing a first aid response to casualty in the home, workplace and general community.

**NOTE:** This course follows current Australian Resuscitation Council (ARC) Guidelines. It is recommended that CPR knowledge and skills are refreshed annually.



Asthma Australia  
**TRAINING**  
**BOOK TODAY**



**ASTHMA  
AUSTRALIA**  
RTO No. 4987


Call us on 03 9026 7088 to make a booking.



# CHOKING FIRST AID

**1**  **GET THEM TO COUGH**

- Stay calm
- Encourage coughing
- Monitor breathing


**2**  **DO 5 BACK BLOWS**


- Infants less than 1 year old: place face down on your knee
- Older children, sit and lean forward

**3**  **DO 5 CHEST THRUSTS**

- Give 5 sharp blows with the heel of your hand
- Check between each blow

## IF CHILD STOPS BREATHING OR BACK BLOWS DON'T WORK OR SKIN DISCOLOURED

**4**  **DIAL TRIPLE ZERO (000)**



- Say 'ambulance' and that a child is choking. Make sure you tell them the child's age.
- Alternate five back blows and five chest thrusts until emergency help arrives.
- Check to see if the blockage has cleared between each thrust.

# HEALTH SERVICES DIRECTORY

## MELTON AND SURROUNDS



### **NURSE-ON-CALL – 1300 60 60 24**

NURSE-ON-CALL is a telephone helpline that provides immediate expert health advice from a registered nurse, 24 hours a day, 7 days a week.

There is an interpreting service for callers who speak other languages through the same number.



### **Maternal and Child health 24 Hour Helpline – 13 22 29**

The confidential, 24-hour Maternal and Child Health Line can give you information and advice about the care and health of your child (from birth to school age). When you call, qualified maternal and child health nurses can discuss your concerns about child health and nutrition, breastfeeding, your own health and any parenting issues.

The Translating and Interpreting Service (TIS National) is available (24 hours, 7 days) for callers who speak other languages. Call 131 450.



### **Poisons Information Line – 13 11 26**

The Victorian Poisons Information Centre (VPIC) has information on what to do when someone has been poisoned, overdosed or made a mistake with their medication. VPIC can also help if someone has been bitten or stung by marine animals (such as jellyfish), snakes, spiders or insects (such as bees or wasps). When you call the VPIC, trained staff will give you first aid information, tell you if you need to call an ambulance or they may refer you to a doctor for treatment.

The Translating and Interpreting Service (TIS National) is available (24 hours, 7 days) for callers who speak other languages. Call 131 450.



### **Breastfeeding Helpline -1800 mum 2 mum – 1800 686 268**

The Breastfeeding Helpline is a confidential telephone service that offers information and advice about breastfeeding your baby. You can talk to the counsellors about issues such as when to start or stop breastfeeding, how to express and store breast milk and what to do when your baby does not want to breastfeed. The Breastfeeding Helpline is available 24 hours a day, 7 days a week. The Translating and Interpreting Service (TIS National) is available (24 hours, 7 days) for callers who speak other languages. Call 131 450.



### **National Coronavirus Health Information Line – 1800 020 080**

If you suspect you may have the coronavirus disease (COVID-19), please call: National hotline on 1800 020 080

You will be connected to a registered nurse if needed. The line operates 24 hours a day, seven days a week. The Translating and Interpreting Service (TIS National) is available (24 hours, 7 days) for callers who speak other languages. Call 131 450.

# PHARMACIES.



## **Chemist Warehouse Melton- 24 hour Pharmacy**

Address: Unit 4, Melton Gate Way, 66-84 High Street, Melton, Vic 3337  
Phone: 03 9746 8733

Opening Hours: 24hours

Languages Spoken: English, Greek, Italian, Vietnamese



## **Terry White Chemmart - Brimbank**

Address: 104, Station Road, Deer Park, Vic 3023  
Phone: 03 9363 4202

Opening Hours: Mon - Fri: 9:00am - 9:00pm  
Sat - Sun: 9:00am - 9:00pm

Languages Spoken: English



## **Ron Davis Amcal Pharmacy**

Address: 308-312, High Street, Melton, Vic 3337  
Phone: 03 9743 5555

Opening Hours: Mon - Sun: 8:00am - 10:00pm



## **Steve Gowty Pharmore Pharmacy Melton**

Address: Woodgrove SC, 535-555, High Street, Melton, Vic 3337  
Phone: 03 9743 6633

Opening Hours: Mon - Fri: 8:30am - 9:00pm  
Sat & Sun: 9:00am - 5:00pm



## **UFS Pharmacy Melton South**

Address: 11 Station Road, Melton South, Vic 3338  
Phone: 03 9743 3533

Opening Hours: Mon - Fri: 9am - 8pm  
Sat: 9am - 5pm  
Sun: 10am - 2pm  
Public Holidays: 10am - 2pm

(except Christmas Day, New Year's Day and Good Friday)

Languages Spoken: English, Gujarati, Hindi, Persian and Turkish



## **UFS Pharmacy Melton Central**

Address: 415-429, High Street, Melton, Vic 3337  
Phone: 03 9743 8052

Opening Hours: Mon - Fri: 9:00am - 6:00pm  
Saturday: 9:00am - 3:00pm

Languages Spoken: Arabic, Punjabi, Hindi, Mandarin



### **Pharmacy 4 less Melton**

Address: Shop T107, Woodgrove SC, 533-555 High Street, Melton, Vic 3337  
Phone: 03 9746 8405

Opening Hours: Mon-Wed: 9:00am - 5:00pm  
Thur - Fri: 9:00am - 9:00pm  
Sat: 9:00am - 5:00pm  
Sun: 10:00am - 5:00pm



### **Chemist Warehouse Caroline Springs**

Address: 2, Caroline Springs Blvd, Caroline Springs, Vic 3023  
Phone: 03 9449 5400

Opening Hours: Mon - Fri: 8:30am - 9:00pm  
Sat - Sun: 9:00am - 6:00pm



### **Chemist Warehouse Burnside**

Address: 15-25, Westwood drive, Burnside, Vic  
Phone: 032 9360 5200

Opening Hours: Mon - Fri: 8:30am - 9:00pm  
Sat - Sun: 9:00am - 6:00pm



### **Caroline Springs Pharmacy**

Address: CS Square, Shop 16, Lake Street, Caroline Springs, Vic 3023  
Phone: 03 9363 7999

Opening Hours: Mon - Fri: 9:00am - 9:00pm  
Sat: 9:00am - 6:00pm  
Sun: 10:00am - 6:00pm



### **Pharmacy Select Watervale**

Address: Watervale SC, Shop-17, 2-14, Calder Park Drive, Taylors Hill, Vic 3037  
Phone: 03 9307 7494

Opening Hours: Mon - Fri: 9:00am - 8:00pm  
Sat: 9:00am - 6:00pm  
Sun: 10:00am - 6:00pm



### **United Chemist – Taylors Hill**

Address: Shop 8, Cnr Gourlay Rd & Hume Drive, Taylors Hill, Vic 3037  
Phone: 03 8358 2430

Opening Hours: Mon - Fri: 9:00am - 9:00pm  
Sat - Sun: 9:00am - 9:00pm



### **Rainbow Health Pharmacy**

Address: 40, Gourlay Road, Hillside, Vic 3037  
Phone: 03 8358 2549

Opening Hours: Mon - Fri: 9:00am - 7:00pm  
Sat: 9:00am - 5:00pm

# DOCTORS.



**National Home Doctor Service** - Bulk Billing for all Medicare patients

After Hours doctor home visits.

Phone: 13 SICK (13 74 25)

Opening Hours: Mon-Fri: 6:00pm onwards  
Saturday: 12:00noon – onwards  
Sundays & Public Holidays: 24 hours

Languages Spoken: English



**Scott Street Medical Centre** - Bulk Billing for all Medicare patients

Address: 33, Scott Street, Melton, Vic 3337

Phone: 03 9743 1970

Opening Hours: Mon - Fri: 9:00am - 12:00am  
Sat - Sun: 9:00am - 10:00pm  
Public Holidays: 9:00am - 6:00pm

Female GP: Yes

Languages Spoken: English, Sinhalese, Hindi, Punjabi, Urdu, Pashto, Farsi



**Primary Medical and Dental Centre** - Bulk Billing for all Medicare patients

Address: 247-251, Station Street, Melton, Vic 3337

Phone: 03 8746 0200 (Opening Hours), 0418 616 957 (After Hours)

Opening Hours: Mon - Fri: 7:00am - 10:00pm  
Sat - Sun: 8:00am - 10:00pm  
Public Holidays: 8:00am - 10:00pm

Female GP: Yes

Languages Spoken: English, Telugu, Hindi, Shona, Kannada, Bangla, Arabic, Assyrian, Vietnamese, Pashto, Punjabi, Urdu, Marathi, Bhojpuri, Igbo, Tagalog, Visayan



**Taylor's Hill Medical Centre** - Bulk Billing for children under 16

Address: Shop 1, Corner Gourlay Rd & Hume Dr, Taylor's Hill, Vic 3037

Phone: 03 8361 5655

Opening Hours: Mon - Fri: 8:30am - 8:30pm  
Sat- Sun: 9:00am - 1:00pm  
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Sinhalese and Greek



**Melton Medical Centre** - Bulk Billing for children under 16

Address: 95 Unitt Street, Melton, Vic 3337  
Phone: 03 9743 5600

Opening Hours: Mon - Fri: 8:00am - 6:00pm  
Sat: 9:00am - 1:00pm  
Sun/Public Holidays: Closed

Female GP: Yes

Languages spoken: English, Gujarati, Hindi, Ukrainian, Cantonese, Urdu, Greek



**Bakery Square Medical Centre** - Bulk Billing

Address: 48 Palmerston St, Melton Vic 3337  
Phone: 03 8560 4999

Opening Hours: Mon- Fri: 9:00am - 8:00pm  
Saturday: 9:00am - 4:00pm  
Sunday: 9:00am - 1:00pm  
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Urdu, Arabic



**Kings Park Medical Centre** - Bulk Billing

Address: 40 Gourlay Road, Hillside, Vic 3037  
Phone: 03 9217 9400

Opening Hours: Mon -Fri: 9:00am - 8:00pm  
Saturday: 9:00am - 5:00pm  
Sunday: Closed  
(Open for most public holidays)

Female GP: Yes

Languages Spoken: Thai, Bosnian, Filipino, Vietnamese, Mandarin, English



**Active Medical** - Bulk Billing

Address: 228-232, Caroline Springs Blvd, Caroline Springs, Vic 3023  
Phone: 03 9363 0954

Opening Hours: Mon-Fri: 8:00am - 8:00pm  
Sat, Sun & Public Holidays: 9:00am - 4:00pm

Female GP: Yes

Languages Spoken: English, Maltese, Italian, Persian, Burmese, Russian, Ukrainian, Malay, Hindi, Tamil, Urdu, Telugu, Mandarin, Cantonese, Gujarati, Punjabi, Sindhi, Arabic



**Caroline Springs Super Clinic** - Bulk Billing

Address: 234 Caroline Springs Blvd, Caroline Springs, Vic 3023  
Phone: 03 9307 4800

Opening Hours: Mon-Thur: 8:00am - 9:00pm  
Friday: 8:00am - 6:00pm  
Saturday: 8:00am - 4:00pm  
Sunday: 8:00am - 3:00pm

Female GP: Yes

Languages Spoken: English, Amharic, Bosnian, Croatian, Macedonian, Serbian, Urdu, Hindi, Kannada



**Q1 Medical Centre** - Bulk Billing

Address: 166 Coburns Road, Melton, Vic 3337  
Phone: 03 8754 2800

Opening Hours: Mon - Fri: 8:00am - 9:00pm  
Sat, Sun & Public Holidays: 9:00am - 6:00pm

Female GP: Yes

Languages Spoken: English, Arabic, Punjabi



**Station Medical Centre** - Private Billing

Address: 30 Brooklyn Road, Melton South, Vic 3338  
Phone: 03 9743 5044

Opening Hours: Mon - Thur: 8:00am - 7:30pm  
Friday: 8:00am - 6:00pm  
Saturday: 9:00am - 2:00pm

Female GP: Yes

Languages Spoken: English, Hindi



**Aspire Skin and Medical Centre** - Bulk Billing

Address: 7/1 Sanctuary Road, Hillside, Vic 3037  
Phone: 03 8390 9500

Opening Hours: Mon - Fri: 9:00am - 6:00pm  
Saturday: 10:00am - 3:00pm  
Sunday: By appointments  
Public Holidays: 9:00am - 12:00pm

Female GP: Yes

Languages spoken: English, Hindi, Punjabi, Telugu, Urdu



**Watergardens Medical Centre - Bulk Billing**

Address: Shop 23-24, 339 Melton Highway, Taylors Lakes Vic 3038  
Phone: 03 9449 3636

Opening Hours: Mon - Fri: 9:00am - 7:00pm  
Sat, Sun & Public Holidays: 9:00am - 2:00pm

Female GP: Yes

Language Spoken: English, Gujarati, Hindi, Punjabi



**Burnside Medical Centre - Bulk Billing**

Address: Shop 19, 25 Westwood Drive, Burnside, Vic 3023  
Phone: 03 9363 6766

Opening Hours: Mon - Fri: 9:00am - 6:00pm  
Saturday: 9:00am - 1:00pm  
Sunday and Public Holidays: Closed

Female GP: Yes

Languages Spoken: English and Arabic



**Watervale Medical Centre - Bulk Billing**

Address: Shop 18, 2-14 Calder Park Drive, Taylors Hill, Vic 3037  
Phone: 03 9307 9161

Opening Hours: Monday: 8.30am - 9.00pm  
Tuesday: 8.00am - 7.00pm  
Wednesday: 8.00am - 9.00pm  
Thursday and Friday: 8.00am - 7.00pm  
Saturday: 8.30am - 5.00pm  
Sunday: 9.00am - 5.00pm

Female GP: Yes

Languages Spoken: English, Farsi, Urdu, Sinhalese



**Coburns Road Medical Centre - Bulk Billing**

Address: 178-180 Coburns Road, Melton, Vic 3337  
Phone: 03 9971 5761

Opening Hours: Mon-Fri: 9:00am - 6:00pm  
Saturday: 9:00am - 4:00pm  
Sunday and Public Holidays: Closed

Female GP: No

Languages spoken: English and Filipino





**Parkwood Green Medical Centre - Bulk Billing**

Address: 1/5 Kate Way, Hillside, Vic 3037  
Phone: 03 9449 4100

Opening Hours: Mon-Fri: 8:00am - 9:00pm  
Saturday: 9:00am - 5:00pm  
Sunday and Public Holidays: Closed

Female GP: Yes

Languages Spoken: Persian, English, Sinhalese



**St George Surgery - Bulk Billing**

Address: 316, High Street, Melton, Vic 3337  
Phone: 03 9743 3555

Opening Hours: Mon - Fri: 8:30am - 6:00pm  
Saturday: 8:30am - 1:00pm  
Sunday: 9:00am - 12:00pm  
Public Holidays: Closed

Female GP: No

Languages Spoken: Arabic and English



**Caroline Springs Medical Centre - Bulk Billing**

Address: 1334 Western Highway, Caroline Springs, Vic 3023  
Phone: 03 8390 4443

Opening Hours: Mon - Fri: 9:00am - 5:00pm  
Saturday: 9:30am - 12:00pm  
Sunday: Closed

Female GP: No

Language Spoken: English Only



**Westcare Medical Centre - Private Billing**

Address: 211 Barries Road, Melton, Vic 3337  
Phone: 03 9747 5800

Opening Hours: Mon - Thu: 8:00am - 6:00pm  
Friday: 8:00am - 5:00pm  
Saturday: 8:00am - 4:00pm  
Sunday and Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Kannada



**Diggers Rest Medical Centre** - Bulk Billing after one off registration for \$75

Address: 2 Farm Road, Diggers Rest, Vic 3427  
Phone: 03 9012 7301

Opening Hours: Mon - Fri: 8:00am - 6:00pm  
Saturday: 9:00am - 2:00pm  
Sunday and Public Holidays: Closed

Female GP: No

Languages Spoken: English and Egyptian



**Modern Medical** - Bulk Billing for children under 15yrs

Address: Suite C3A, 1042 Western Highway, Caroline Springs, Vic 3032  
Phone: 03 8358 0100

Opening Hours: Mon - Fri: 8:00am - 8:00pm  
Sat - Sun: 9:00am - 5:00pm  
Public Holidays: Closed

Female GP: Yes

Languages Spoken: Cantonese, Chinese, Croatian, English, Serbian, Vietnamese



**My Doctor Woodlea** - Bulk Billing

Address: 27 Woodlea Boulevard, Aintree, Vic 3336  
Phone: 03 8560 6020

Opening Hours: Mon - Fri: 9:00am - 5:00pm  
Saturday: 9:00am - 3:00pm  
Sunday and Public Holidays: Closed

Female GP: Yes

Languages Spoken: Persian, English

# HOSPITALS.



## Werribee Mercy Hospital

Address: 300 Princes Highway, Werribee, Vic- 3030  
Phone: 03 8754 3000

Emergency Department Open 24 Hours

Interpreters available for the following languages: Arabic, Cantonese, Croatian, Dinka, Greek, Italian, Macedonian, Mandarin, Serbian, Spanish, Vietnamese



## Bacchus Marsh and Melton Regional Hospital

29-35 Grant Street, Bacchus Marsh, Vic 3340  
Phone: 03 5367 2000

**\*\*IMPORTANT\*\* No Emergency Care available at this hospital**



## Urgent Care, Melton - Bulk Billing for all Medicare patients

195-209 Barries Road, Melton West 3337  
Phone: 03 8746 1100  
Opening Hours: Monday – Sunday, 9:00am – 10:30pm



## Urgent Care, Bacchus Marsh - Bulk Billing for all Medicare patients

Clarinda Street, Bacchus Marsh 3340  
Phone: 03 5367 2000  
Opening Hours: 24 hours, 7 Days



## Sunshine Hospital

Address: 176 Furlong Road, St. Albans, Vic 3021  
Phone: 03 8345 1333

Emergency Department Open 24 Hours

Interpreters Available for the following languages: Arabic, Cantonese, Croatian, Dinka, Greek, Italian, Macedonian, Mandarin, Serbian, Spanish, Vietnamese



## The Royal Children's Hospital Melbourne

Address: 50 Flemington Road, Parkville, Vic-3052  
Phone: 03 9345 5522

Emergency Department Open 24 Hours

Interpreters Available for the following Language: Arabic, Assyrian, Chaldean, Vietnamese, Cantonese, Mandarin, Somali, Tigrinya, Italian, Turkish. (Interpreters on call available for all the other languages)







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**ASTHMA  
AUSTRALIA**

Asthma Australia (Victorian Office) | RTO No - 4987

15-17 Dudley Street  
West Melbourne VIC 3003

**1800 ASTHMA**

**(1800 278 462)**

**[asthma.org.au](http://asthma.org.au)**