



**ASTHMA
AUSTRALIA**

KIDS HEALTH

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



1800 ASTHMA

(1800 278 462)

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



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.](#)

RASH SIGNS AND SYMPTOMS.

- Discolouration or marks on skin

- Raised bumps appear on skin

- Blisters in groups or trails

- Welts (red/dark, raised marks)

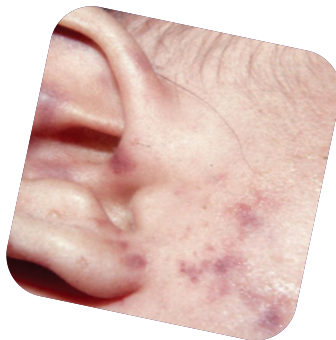
- May be sore or itchy

- Can look like insect bites

RASH EXAMPLES.



Kawasaki Disease



Meningococcal Rash



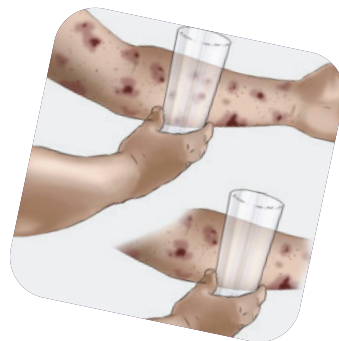
Milk Rash



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:



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.



**Supercare
Pharmacy**

CHEST INFECTION SIGNS AND SYMPTOMS.

• Grizzly

• Fever

• Faster breathing

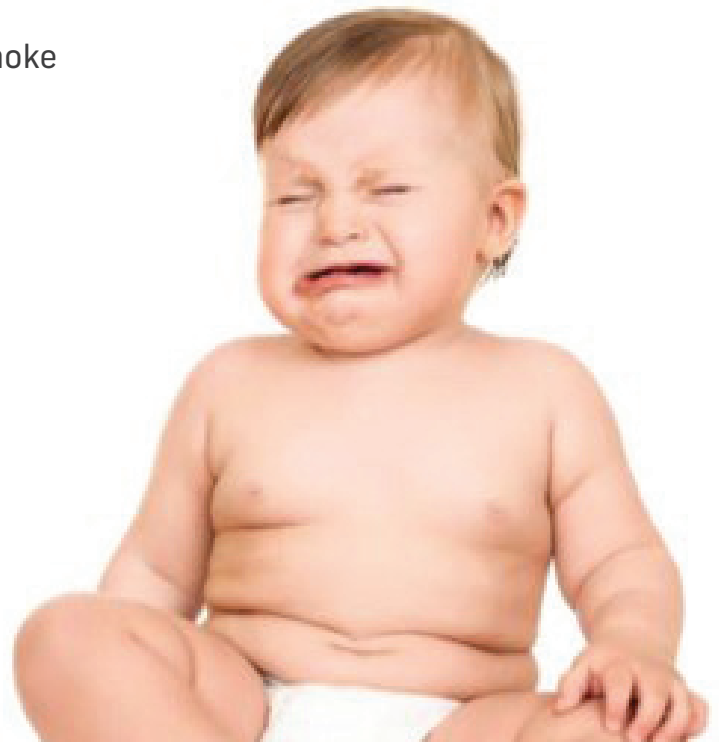
• Whistle when breathing out

• 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

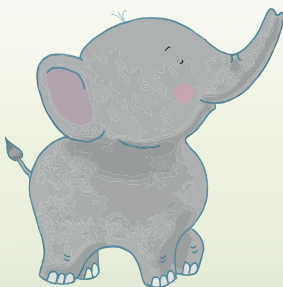


Colds and snotty noses are very common in babies and children. Children tend to catch more colds and have a lower resistance to germs than adults.



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.

© 2019 ENT Technologies Pty Ltd ABN 89103249207 ENT Technologies Pty Ltd, Suite 304, 12 Cato St, Hawthorn East, VIC 3123
Ph: 1300 857 912 Email: info@enttech.com.au | YouTube - Search Flo Nasal Health www.flo.com.au

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[^] 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[®] 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
©2019 Bird Healthcare Pty Ltd, 18 Corporate Blvd, Bayswater VIC 3153

*visit 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

OR give 2 separate inhalations of Bricanyl (6 years or older)
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)
OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)


If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3  **WAIT 4 MINUTES**

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

OR give 1 more inhalation of Bricanyl
OR give 1 more inhalation of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT

4  **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 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes
 – up to a max of 4 more inhalations of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes
 – up to a max of 8 more puffs of Symbicort Rapihaler

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 is 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.

 Translating and Interpreting Service
131 450



1800 ASTHMA
(1800 278 462)

asthma.org.au

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

WYNDHAM 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 Hoppers Crossing - 24 hour Pharmacy

Address: 24/428, Old Geelong Road, Hoppers Crossing, Vic 3029
Phone: 03 9931 0040

Opening hours: 24 Hours

Languages Spoken: English, Mandarin, Malay, Vietnamese, Hindi, Urdu



PharmaSave Pharmacy Point cook

Address: 5, Cinnamon Grove, Point Cook, Vic 3030
Phone: 03 9395 8612

Opening Hours: Mon - Fri: 9:00am – 11:00pm
Saturday: 9:00am -9:00pm
Sun & Public Holidays: 10:00am – 6:00pm

Languages Spoken: English, Arabic, Mandarin



Sneydes Road Pharmacy Select

Address: Shop T7, 225, Sneydes Road, Point Cook, Vic 3030
Phone: 03 9395 4799

Opening Hours: Mon - Fri: 9:00am –6:00pm|
Saturday: 9:00 – 3:00pm
Sun & Public Holidays: Closed

Languages Spoken: English, Italian



Chemist Warehouse Point cook

Address: Boardwalk Central SC, shop 9-10, 48-56 Tom Roberts Parade, Point Cook,
Vic 3030
Phone: 03 8353 8611

Opening Hours: Mon - Fri: 8:30am – 9:00pm
Saturday: 9:00am - 6:00pm
Sun & Public Holidays: 9:00am – 6:00pm

Languages Spoken: English, Hindi, Arabic, Kannada, Vietnamese, Mandarin



Direct Chemist Outlet Point Cook

Address: Point Cook Town Centre, shop 102, 4 Main Street, Point Cook, Vic 3030
Phone: 03 9395 0179

Opening Hours: Mon - Wed: 8:30am – 7:00pm
Thur - Fri: 8:30am – 9:00pm
Saturday: 9:00am -5:00pm
Sun & Public Holidays: 10:00am – 4:00pm

Languages Spoken: English, Mandarin, Cantonese, Vietnamese, Arabic, Persian,
German, Italian, Hindi, Malay



PharmaSave Pharmacy Laverton

Address: Shop 2, 8 Neville Avenue, Laverton, Vic 3028
Phone: 03 9369 2409

Opening Hours: Mon - Fri: 8:30am – 6:30pm
Saturday: 9:00am -1:00pm
Sun & Public Holidays: Closed

Languages Spoken: English, Vietnamese, Mandarin, Cantonese, Malay, Hindi, Urdu, Punjabi, Arabic



Pharmacy Select – Hoppers Lane

Address: 242 Hoppers Ln, Werribee, Vic 3030
Phone: 03 8742 1044

Opening Hours: Mon - Fri: 9:00am – 7:00pm
Saturday: 9:00am – 4:00 pm
Sun & Public Holidays: 10:00am – 2:00pm

Languages Spoken: English, Vietnamese, Hindi



Pharmacy4Less Hogan's Corner

Address: Hogan's Corner Shopping Centre, Shop 9-10, 150 Hogans Road,
Hoppers Crossing, Vic 3029
Phone: 03 9748 9111

Opening Hours: Mon - Fri: 9:00am – 9:00pm
Sat- Sun: 9: 00am -9:00pm
Public Holidays: 10:00am – 7:00pm

Languages Spoken: English, Macedonian, Vietnamese



Wyndham Discount Chemist

Address: 231 Heaths Road, Werribee, Vic 3030
Phone: 03 9748 8198

Opening Hours: Mon - Fri: 8:00am – 10:00pm
Saturday: 8:00am -10:00pm
Sun & Public Holidays: 8:00am – 10:00pm

Languages Spoken: English, Vietnamese, Burmese, Italian, Arabic



Goodhealth Compounding Pharmacy

Address: 381 Sayers Road, Hoppers Crossing, Vic 3029
Phone: 03 9749 6553

Opening Hours: Mon - Fri: 8:30am – 11:00pm
Saturday: 9:00am - 8:00pm
Sun & Public Holidays: 9:00am – 8:00pm

Languages Spoken: English, Hindi, Pashto, Swahili



Wyndham Village Pharmacy Select

Address: Wyndham Villiage Shopping Centre, Shop 5, 380 Sayers Road, Tarneit, Vic 3029

Phone: 03 8742 7466

Opening Hours: Mon - Fri: 9:00am – 8:00pm

Saturday: 9:00am - 6:00pm

Sun & Public Holidays: 9:00am – 5:00pm

Languages Spoken: English, Tamil



Direct Chemist Outlet Tarneit West

Address: Tarneit West Village, Shop 11-12, 540 Tarneit Road, Tarneit, Vic 3029

Phone: 03 8742 2644

Opening Hours: Mon - Fri: 9:00am – 6:30pm

Saturday: 9:00am - 5:00pm

Sun & Public Holidays: 10:00am – 5:00pm

Languages Spoken: English, Mandarin



PharmaSave Williams Landing

Address: Shop 6, 100 Overton Road, Williams Landing, Vic 3027

Phone: 03 8360 5383

Opening Hours: Mon - Fri: 9:00am – 9:00pm

Saturday: 9:00am - 5:00pm

Sun & Public Holidays: 10:00am – 5:00pm

Languages Spoken: English, Vietnamese, Tagalog, Mandarin



Direct Chemist Outlet - Werribee

Address: Werribee Village Shopping Centre, Shop 10A, 167-179 Shaws Road, Werribee, Vic 3030

Phone: 03 9731 1991

Opening Hours: Mon - Fri: 8:00am – 8:00pm

Saturday: 9:00am - 5:00pm

Sun & Public Holidays: 9:00am – 4:00pm

Languages Spoken: English, Mandarin, Malay, Vietnamese, Serbian, Greek, Urdu, Filipino, Bengali



Adam's Chemist

Address: 939 Sayers Road, Tarneit, Vic 3029

Phone: 03 8742 7255

Opening Hours: Mon - Fri: 9:00am – 9:00pm

Saturday & Sunday: 9:00am -30:00pm

Public Holidays: 9:00am-5:00pm

Languages Spoken: English, Arabic, Italian



Point Cook Pharmacy

Address: 1, Dunnings Road, Point Cook, Victoria 3030
Phone: 03 9395 3500

Opening hours: Mon- Fri: 9:00am – 8:00pm
Saturday: 9:00am – 5:00pm
Sunday & Public Holidays: 10:00am – 3:00pm
Public Holidays: Closed

Languages Spoken: English, Vietnamese, Khmer, Macedonian



Priceline Pharmacy Sanctuary Lakes

Address: Shop27, Sanctuary Lakes Shopping Centre, 300 Point cook Road,
Point Cook, Vic 3030
Phone: 03 9395 4311

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

Languages Spoken: English, Vietnamese, Maltese, Albanian, Greek, Mandarin



Chemist Warehouse Pacific Werribee

Address: Shop 282, Pacific Werribee Shopping Centre, Hoppes Crossing, Vic 3029
Phone: 03 9749 1754

Opening Hours: Mon-Wed: 8:00am – 7:00pm
Thu & Fri: 8:00am – 9:00pm
Saturday: 8:00am – 5:00pm
Sunday & Public Holidays: 9:00am – 5:00pm

Languages Spoken: English, Vietnamese, Mandarin, Hindi



Chemist Warehouse Tarneit Gardens

Address: Shop 17, Tarneit Gardens Shopping Centre, Tarneit Vic 3029
Phone: 03 8742 1239

Opening hours: Mon – Fri: 8:30am – 9:00pm
Saturday: 9:00am – 6:00pm
Sunday & Public Holidays: 10:00am – 6:00pm

Languages Spoken: English, Cantonese, Mandarin, Arabic, Vietnamese, Spanish,
Portuguese, Hindi, Egyptian, Telugu, Urdu, Greek, Theo

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



Werribee Medical and Dental Care - Bulk Billing for all Medicare patients

Address: 1-5 Station Place, Werribee, Vic 3030

Phone: 03 8734 0333 (or when the clinic is closed Phone: 0481 616 973)

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, Farsi, Hindi, Malayalam, Russian, Cantonese, Mandarin, Swahili, Ibo, French, Mauritian Creole, Polish, Shona, Zulu, Bengali, Sinhalese, Tamil, Filipino, Danish



Manor Lakes Medical Centre - Bulk Billing for all Medicare patients

Address: Cnr Ballan Road and Manor Lakes Blvd, Wyndham Vale, Vic 3024
(Located inside Manor Lakes Shopping Centre)

Phone: 03 9749 7977

Opening hours: Mon – Fri: 8:00am – 6:00pm
Sat - Sun: 9:00am – 1:00pm
Public Holidays: 9:00-1:00pm

Female GP: Yes

Languages Spoken: English, Malay, Igbu, Mandarin, Cantonese, Bengali, Persian and Hindi



IPC Health Wyndham Vale Super Clinic - Bulk Billing for all Medicare patients

Address: 510 Ballan Road, Wyndham Vale, Vic 3024

Phone: 03 9216 7999

Opening Hours: Mon & Thur: 9:00am - 8:00pm
Tue, Wed, Fri & Sat: 9:00am-5:00pm
Sun & Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Punjabi and Urdu



Hoppers Lane General Practice - Bulk Billing for all Medicare patients

Address: 242 Hoppers Lane, Werribee, Vic 3030
Phone: 03 8731 6500

Opening Hours: Mon - Fri: 8:00am - 11:00pm
Sat & Sun: 9:00am - 5:00pm
Public Holidays: 9:00am - 5:00pm

Female GP: Yes

Languages Spoken: English, Persian, Hindi, Telugu, Urdu, Bangla, Polish



Wyndham Health Care - Bulk Billing for all Medicare patients

Address: 233 Heaths Road, Werribee, Vic 3030
Phone: 03 9749 2766

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

Female GP: Yes

Language Spoken: English, Arabic, Filipino, Tagalog, Visayan, French, Irish, Portuguese, Spanish, Hindi, Urdu, Sinhalese, Tongan, Thai, Bengali



Westgate Medical Centre - Bulk Billing for all Medicare patients

Address: 259 Heaths Road, Werribee, Vic 3030
Phone: 03 9748 4188

Opening Hours: Mon - Fri: 8:00am - 11:00pm
Sat & Sun: 9:00am - 8:00pm
Public Holidays: 9:00am - 8:00pm

Female GP: Yes

Languages Spoken: English, Persian, Greek, Sinhalese, Azari, Hindi, Telugu, Tamil, Punjabi, Urdu, Arabic, French, Mauritian.



Wyndhamvale Health Care - Bulk Billing for all Medicare patients

Address: 127 Ballan Road, Wyndham Vale, Vic 3024
Phone: 03 8595 5413

Opening Hours: Mon - Fri: 8:00am - 7:00pm
Saturday: 8:00am - 3:00pm
Sunday: 9:00am - 1:00pm
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Cantonese, Mandarin, Filipino, Hindi, Hokkien, Italian, Kannada, Malay, Marathi, Persian, Tagalog, Tamil, Telugu, Tongan, Vietnamese, Persian



InnerCare Family Health Clinic - Bulk Billing for all Medicare patients

Address: Level 1, 3/28 Adelphi Blvd, Point Cook, Vic 3030
Phone: 03 8323 6900

Opening Hours: Mon-Tue: 8:30am – 7:00pm
Wed – Fri: 8:30am – 5:00pm
Saturday: 1:00pm – 3:00pm
Sun & Public Holidays: Closed

Female GP: No

Languages Spoken: English, Mandarin



MyClinic Werribee Central - Bulk Billing for all Medicare patients

Address: 69-71 Watton Street, Werribee, Vic 3030
Phone: 03 9731 7000

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

Female GP: Female

Languages Spoken: Filipino, Tagalog, English



Q1 Medical - Bulk Billing for all Medicare patients

Address: 117 Princes Hwy, Werribee, Vic 3030
Phone: 03 8754 2888

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

Female GP: Yes

Languages Spoken: English, Hindi, Telugu, Urdu, Farsi, Marathi



Wyndham Village Medical Centre - Bulk Billing for all Medicare patients

Address: 380 Sayers Road, Tarneit, Vic 3029
Phone: 03 8742 7100

Opening Hours: Monday – Friday: 8:00am – 6:00pm
Saturday: 8:00am – 12:00pm
Sunday & Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Arabic, Azerbaijani, Punjabi, Gujarati, Bengali, Urdu, Persian, Marathi, Turkish, Bosnian



Tarneit Family Medical and Dental Centre - Bulk Billing for all Medicare patients

Address: 937-941 Sayers, Road, Tarneit, Vic 3029
Phone: 03 8742 4676

Opening Hours: Mon-Fri: 9:00am – 9:00pm
Sat, Sun: 9:00am-5:00pm
Public Holidays: 9:00am-5:00pm

Female GP: Yes

Languages Spoken: English, Arabic, Tegre, Tamil, Sinhalese, Urdu, Punjabi, Vietnamese



My Clinic Tarneit - Bulk Billing for all Medicare patients

Address: 412 Derrimut Road, Tarneit, Vic 3029
Phone: 03 8742 2088

Opening Hours: Mon-Thu: 8:00am- 10:00pm
Friday: 9:00am-9:00pm
Sat & Sun: 9:00am – 5:00pm
Public Holidays: – 9:00am – 5:00pm

Female GP: Yes

Languages Spoken: English, Tamil, Bengali, Sinhalese, Hindi, Marathi, Arabic



Well Crest Medical Tarneit - Bulk Billing for all Medicare patients

Address: 205 Bethany Road, Tarneit, Vic 3029
Phone: 03 9002 4100

Opening Hours: Mon - Thur: 8:30am – 10:00pm
Friday: 8:30am – 7:00pm
Sat & Sun: 9:00am – 1:00pm
Public Holidays: – Closed

Female GP: Yes

Languages Spoken: English, Mandarin, Malay, Hindi, Punjabi, Urdu, Burmese, Persian, Turkish



Supernova Medical Centre - Bulk Billing for all Medicare patients

Address: 14 Lavinia Drive, Tarneit, Vic 3029
Phone: 03 8866 5544

Operating Hours: Mon- Fri: 9:00am-10:00pm
Sat & Sun: 9:00am-10:00pm
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Russian, Cantonese, Punjabi and Arabic



755 Sayers Road Medical Centre - Bulk Billing for all Medicare patients

Address: 755 Sayers Road, Hoppers Crossing, Vic 3029
Phone: 03 8754 7600

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

Female GP: Yes

Languages Spoken: English, Sinhalese, Punjabi, Urdu



Tarneit West Medical Centre - Bulk Billing for all Medicare patients

Address: Shop 9-10, 540 Tarneit Road, Tarneit, Vic 3029
Phone: 03 8866 5560

Opening Hours: Mon – Fri: 9:00am – 6:00pm
Sat & Sun: 9:00am – 5:00pm
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English and Bengali



Tarneit Central Medical Centre - Bulk Billing for all Medicare patients

Address: Shop 14, 540 Derrimut Road, Tarneit, Vic 3029
Phone: 03 9131 5800

Opening Hours: Mon - Fri: 9:00am – 9:00pm
Sat, Sun & Public Holidays: 9:00am – 5:00pm

Female GP: Yes

Languages Spoken: English, Hindi, Urdu, Punjabi



Q1 Medical Hoppers Crossing - Bulk Billing for all Medicare patients

Address: 286-288 Derrimut Road, Hoppers Crossing, Vic 3029
Phone: 03 8754 2828

Opening Hours: Mon- Fri: 7:00am – 10:00pm
Sat, Sun & Public Holidays: 9:00am – 7:00pm

Female GP: Yes

Languages Spoken: English, Hindi, Telugu, Urdu, Farsi, Marathi



Palmers Medical Centre - Bulk Billing for all Medicare patients

Address: 228A Sayers Road, Truganina, Vic 3029
Phone: 03 9908 2555

Opening Hours: Mon- Fri: 7:00am – 11:00 pm
Sat, Sun & Public Holidays: 8:00am – 9:00pm

Female GP: Yes

Languages Spoken: English, Telugu, Hindi, Tamil, Kannada, Mandarin, Cantonese, Hindi, Punjabi, Urdu, Marathi, Burmese, Ladakhi, Balti, Tibetan, Vietnamese, Shona



Forsyth Park Medical Centre - Bulk Billing for all Medicare patients

Address: 200 Forsyth Road, Cnr Sayers Road, Truganina, Vic 3029
Phone: 03 8360 5359

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

Female GP: Yes

Languages Spoken: English, Persian, Tongan, Filipino, Bengali



Live Well Medical Clinic - Bulk Billing for all Medicare patients

Address: Shop 5, 451 Leakes Road, Truganina, Vic 3029
Phone: 03 9394 1233

Opening Hours: Mon and Fri: 9:00 am – 8:00pm
Tue, Wed, Thu: 9:00am – 5:30pm
Sat, Sun & Public Holidays: 9:30am – 5:30pm

Female GP: No

Languages Spoken: English, Hindi, Punjabi



HealthWest Medical and Specialist Centre - Bulk Billing for all Medicare patients

Address: 549 Morris Road, Truganina, Vic 3029
Phone: 03 8360 3877

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

Female GP: Yes

Languages Spoken: English, Arabic, Punjabi, Urdu



Pinnacle Medical Centre - Bulk Billing for all Medicare patients

Address: Shop 8, 100 Overton Road, Williams Landing, Vic 3027
Phone: 03 8560 0444

Opening Hours: Mon - Fri: 8:00am – 7:00pm
Saturday: 9:00am – 5:00pm
Sun & Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Mandarin



Point Cook Super Clinic - Bulk Billing for all Medicare patients

Address: Shop 101, 7 Main street, Point Cook, Vic 3030
(inside Stockland Point Cook Shopping Centre)
Phone: 03 9395 8077

Opening Hours: Mon - Tue: 8:00am – 6:00pm
Wednesday: 8:00am – 9:00pm
Thur & Fri: 8:00am – 7:00pm
Saturday: 9:00am – 7:00pm
Sun & Public Holidays: – 9:00am – 5:00pm

Female GP: Yes

Languages Spoken: English, Hindi, Urdu, Punjabi, Bengali, Farsi, Russian



Arrowhead Medical Centre - Bulk Billing for all Medicare patients

Address: 5 Cinnamon Grove, Point Cook, Vic 3030
Phone: 03 9246 0466

Opening Hours: Mon - Fri: 8:30am – 11:00pm
Saturday: 8:30am – 9:00pm
Sun & Public Holidays: 9:00am – 6:00pm

Female GP: Yes

Languages Spoken: English, Hindi, Bengali, Burmese, Mandarin



Point Cook Medical Centre - Bulk Billing for all Medicare patients

Address: 1-11 Dunnings Road, Point Cook, Vic 3030
Phone: 03 9395 3400

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

Female GP: Yes

Languages Spoken: English, Hindi, Urdu, Bengali, Malayalam, Sinhalese



Boardwalk Health Medical and Skin Centre - Bulk Billing for all Medicare patients

Address: 110 Boardwalk Boulevard, Point Cook, Vic 3030
Phone: 03 9395 9402

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

Female GP: Yes

Languages Spoken: English, Persian, Urdu, Hindi, Punjabi



Guardian Medical Sanctuary Lakes - Bulk Billing for all Medicare patients

Address: Shop 33, 300 Point Cook road, Point Cook Vic 3030
(inside Sanctuary Lakes Shopping Centre)
Phone: 03 9395 6333

Opening Hours: Mon - Fri: 8:00am – 7:30pm
Saturday: 8: 00am -1:00pm
Sun & Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Mandarin, Cantonese, Persian



MyHealth Medical Centre - Bulk Billing for all Medicare patients

Address: 225-229 Sneydes Road, Point Cook, Vic 3030
Phone: 03 8842 2880

Opening Hours: Mon- Fri: 8:00am – 7:00pm
Saturday: 9:00am - 4:00pm
Sunday: 10:00am - 2:00pm
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Gujarati, Urdu, Nepali, Punjabi, Mandarin



Sanctuary Lakes Medical Practice - Bulk Billing for all Medicare patients

Address: 11-13 Jamieson Way, Point Cook, Vic 3030
Phone: 03 8375 2777

Opening Hours: Mon & Wed: 8:00am – 8:00pm
Tue, Thu, Fri: 9:00am – 6:00pm
Sat, Sun & Public Holidays: 9:00am – 4:00pm

Female GP: No

Languages Spoken: English, Bengali



Juniper Avenue Medical Centre - Bulk Billing for all Medicare patients

Address: 2 Juniper Avenue, Point Cook, Vic 3030
Phone: 03 9395 5566

Opening Hours: Mon - Fri: 8:00am – 8:00pm
Sat, Sun: 9:00am – 2:00pm
Public Holidays: Closed

Female GP: Yes

Languages Spoken: English, Hindi, Tamil, Bengali, French, Mandarin, Cantonese

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



St. Vincent's Private Hospital

Address: 240 Hoppers Lane, Werribee, Vic 3030
Phone: 03 9218 8000

No Emergency Department

Interpreters Available: can be arranged at additional cost



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)



Do you
or **SOMEONE**
YOU LOVE
have **ASTHMA?**

Sign up for our Asthma Assist program for asthma management support.

You will receive:

An **e-Asthma Control Pack** including: helpful brochures, Asthma Action Plans, educational videos, and more.

A subscription to our **onAIR e-newsletter**, jam-packed with updates on asthma management, latest research and what Asthma Australia is doing to better support the one in nine Australians with asthma.

Visit www.asthma.org.au to find out more or call **1800 ASTHMA** Helpline (1800 278 462)



**ASTHMA
AUSTRALIA**

THANKS AND ACKNOWLEDGEMENT.

Funded by:

phn
NORTH WESTERN
MELBOURNE

An Australian Government Initiative

The Kids Health program has been made possible by funding from North Western Melbourne Primary Health Network (NWMPHN) through the Australian Government's PHN Program





**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