

If you become ill or are injured...  
**Which service should you choose?**



**It's important that you choose the right service so...**

- You receive the right treatment by the right professional at the right time
- Patients with serious illnesses or injuries get seen quickly by emergency services
- You do not have to be redirected from one health service to another
- You may be able to stay home and get well

Any advice relating to health or medical matters contained in this resource is intended purely as a guide only. Do not disregard existing health care plans or previous medical advice. Always contact a health professional or telephone **healthdirect** on **1800 022 222** if you are unsure.



Unwell? Need medical help but it's  
**AFTER HOURS?**

**Your guide to choosing the right service**

[www.adelaideafterhours.com.au](http://www.adelaideafterhours.com.au)



Australian Government



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**Chest pain / Choking**  
**Very sick child / Severe bleeding**  
**Unconsciousness / Suicide / Stroke**  
**Mental health emergency / Major burns**

Call **000** or go to **Emergency**.  
An emergency is a serious or  
life-threatening condition.

Ambulance

**000**

**Vomiting / Toothache / Ear pain**  
**Twisted ankle / Pain passing urine**  
**Small wounds / Broken tooth / Flu**

If you need **medical help** that is  
**NOT** an **emergency**, see your **GP**  
or **medical centre**.

Or see a **dentist** if you have a  
broken tooth or toothache.

Go to **www.adelaideafterhours.com.au** to find your  
nearest **GP** or call **healthdirect** on **1800 022 222**.

**SA Dental Service** provides dental care for  
eligible adults and children.  
Phone **8222 8222** or **1800 022 222**.

**Diarrhoea / Runny nose / Cough**  
**Headache / Insect bites and stings**  
**Period pain / Indigestion**  
**Grazed knee / Blister**

Visit your **local pharmacy** when you are  
suffering from a **simple health problem**  
which does not need to be seen by a  
doctor or a nurse. Your pharmacist can  
also supply emergency contraception.

Your **local** or **regular pharmacist** can give  
you advice on common illnesses and the  
medicines you need to treat them.

To find your nearest **pharmacy** go to  
**www.adelaideafterhours.com.au** or call **1800 022 222**.

**Sore throat / Hangover**  
**Mild headache**

A lot of illnesses can be **treated in**  
**your home** by using **over-the-counter**  
**medicines** and getting plenty of **rest**.

**Self care** is the best choice to treat  
very **minor** illnesses and injuries.

**Confused? Not Sure?**  
**Call healthdirect or go online to the**  
**National Health Services Directory**

If you are unsure and need more  
information, telephone **healthdirect**  
or go online for more information from  
the **National Health Services Directory**

healthdirect **1800 022 222**  
National Health Services Directory  
**www.nhsd.com.au**



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