

# The right care for you

Keep well for you, your whaanau  
and for your community



## Family doctor

See your family doctor  
for all non-urgent  
health concerns.

- Long-term illnesses
- Pain management
- Stubborn cold and cough



## Pharmacy

See your local  
pharmacy for advice  
on medication and  
minor health concerns.

- Colds and coughs
- Minor health issues
- Flu vaccinations



## Healthline

Call 0800 611 116 for  
**FREE** health advice  
from a nurse.

- Available 24 hours,  
7 days a week
- Interpreters  
available
- Health advice from  
a nurse



## Accident and Medical (A&M)

If your family doctor is  
not available, go to your  
nearest A&M clinic.

- Eye injuries
- Mild asthma
- Sports injury
- Minor illness



## Hospital

If it's a life threatening  
emergency call 111.

- Chest pain
- Head injury
- Severe blood loss
- Major accident

KNOW WHERE TO GO:

[countiesmanukau.health.nz](https://countiesmanukau.health.nz)

# Helpful tips

## Help! I'm feeling sick, where do I go?

Your family doctor plays an important role in keeping your family healthy. Call your doctor for health advice and to make an appointment.

## What if I don't have a family doctor?

Ask your friends, family and neighbours if they can recommend one nearby. You can also find a family doctor (and see their prices) at [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

## I can't get to the doctors, what should I do?

To seek immediate health advice, contact your family doctor or call Healthline on 0800 611 116 to speak to a nurse. It's free and available 24/7. If English isn't your first language, there are interpreters who can help.

## I can't make it to the doctors during clinic hours, where should I go?

Your local Accident and Medical (A&M) clinic is open when your doctor is closed and you need urgent care. To find the closest A&M clinic to you, visit our website [countiesmanukau.health.nz](http://countiesmanukau.health.nz)

## When should I go to the hospital?

If it's a life threatening emergency, call 111. The Middlemore Hospital Emergency Department is for life-threatening conditions.



Unsure where to go?  
Call Healthline for free health  
advice from a nurse 0800 611 116