

24/7 On-call After Hours Service — Urgent Care Ph: 5237 8500**Location: 75 McLachlan Street, Apollo Bay**Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.auApollo Bay Campus Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

Suffering from the Flu?

Here is a list of the best things you can do to look after yourself as flu season approaches;

Rest – you will probably feel very weak and tired until your temperature returns to normal (about 3 days). Rest provides comfort and allows your body to use its energy to fight the infection.

Stay at home – stay away from work, school and any places where you may have contact with others, especially while you are contagious. The period during which adults are contagious is usually around 3–5 days from when the first symptoms appear, and up to 7 days in younger children.

Drink plenty of fluids – extra fluids are needed to replace those lost because of the fever (through sweating). If your urine is dark, you need to drink more fluids, start with water.

Social Support Outings

Colac Shopping Bus – Monday 29th of May, pick-ups begin from 10.30am. Catch the GORH bus to Colac for grocery shopping and lunch. To RSVP please contact Charlotte on 0439 712 844.

Ladies lunches will be held on Friday the 26th of May at 12pm. Ladies lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Men's lunches will be held on Monday the 29th of May at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Information can be found on our website at www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/

Flu & COVID Vaccination Dates

The Apollo Bay Medical Centre will be running a number of flu clinics over the coming weeks.

Tuesday 9 May**Wednesday 10 May****Thursday 11 May****Tuesday 16 May****Wednesday 17 May**

Please note, the seasonal influenza vaccination clinics are for government funded priority groups ONLY. This includes;

- people aged six months to less than five years
- Aboriginal and Torres Strait Islander people aged six months and older
- pregnant women (at any stage of pregnancy)
- people aged 65 years and older
- people aged six months and older with medical conditions putting them at increased risk of severe influenza and its complications:
 - * cardiac disease
 - * chronic respiratory conditions
 - * chronic neurological conditions
 - * immunocompromising conditions
 - * diabetes and other metabolic disorders
 - * renal disease
 - * haematological disorders
 - * children aged six months to 10 years on long term aspirin therapy.

COVID vaccination clinics will also be running over April/ May. Please ask our reception staff for upcoming dates.

To book, contact the Apollo Bay Medical Centre on 5237 8595 or online

<https://www.greatoceanroadhealth.com.au/vaccination/>