

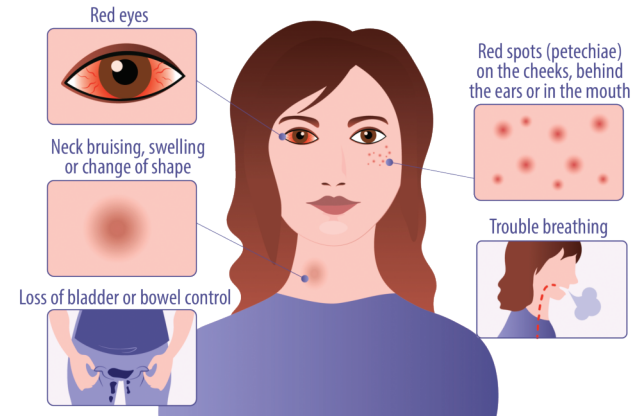


Head and Neck Health



Sydney
Local Health District

GO TO THE EMERGENCY DEPARTMENT OR SEEK IMMEDIATE MEDICAL ADVICE IF



GO TO THE EMERGENCY DEPARTMENT OR SEEK IMMEDIATE MEDICAL ADVICE IF

- The event occurred within the last 7 days
- Your symptoms have lasted more than 10 days
- You have visible symptoms
- You have neck pain or difficulty swallowing
- Your voice changes, or you lose your voice
- Your symptoms are getting worse
- You are worried about your health

MEDICAL ADVICE AND OTHER SUPPORT

Your local **Women's Health Centre** can help you with medical advice and mental health support

CALL 000 OR GO TO THE EMERGENCY DEPARTMENT IF

- You have trouble breathing
- You lose consciousness or black out
- You feel confused or have difficulty thinking or communicating

To find your local emergency department visit:
www.emergencywait.health.nsw.gov.au



It Left No Marks
www.itleftnomarks.com.au

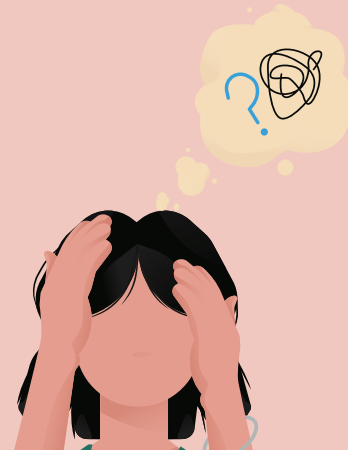
BOOK A DOCTOR'S APPOINTMENT OR SEEK MEDICAL ADVICE IF YOU EXPERIENCE ANY OF THESE

- Trouble keeping your balance
- Severe headaches or migraines
- Loss of hearing or changes in hearing like buzzing or ringing
- Changes in vision or sight



BOOK A DOCTOR'S APPOINTMENT OR SEEK MEDICAL ADVICE IF YOU EXPERIENCE ANY OF THESE

- Feeling slow or foggy
- Feeling dizzy or faint
- Have a seizure or fit of any kind
- Difficulty understanding information
- Memory problems
- Changes in mood or sleep
- Loss of strength or muscle weakness



MEDICAL ADVICE AND OTHER SUPPORT

NSW Health Line
1800 022 222
available 24/7

Your GP



REFERRALS

Not sure
where to
go next?
Your local
women's
health centre
can help.

Your Local Women's Health Centre



55 Thornley Street,
Leichhardt NSW 2040
(02) 9550 3011
lwchc.org.au



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