

Get ready for Christmas!



Follow these simple steps for a safe and healthy Christmas.

- Do you have enough scripts and medications to get you through the public holidays?
- If you are going away, do you have an up to date list of your medications?
- Christmas can be stressful or lonely. The Mental Health Line can offer support: **1800 011 511**
- If you have a health concern but your GP is closed, you can call Health Direct for trustworthy health advice: **1800 022 222**
- Avoid hurting yourself or others, drink safely this Christmas. Visit <https://www.healthdirect.gov.au/managing-your-alcohol-intake> for information on managing your alcohol intake
- Using Dr Google? These tips will help you understand if you are reading reliable information:
 - Is it clear who wrote the material? e.g. is the author a government organisations or qualified health professional?
 - Is the site trying to sell a product or is sponsored by a product? Information may be biased
 - Is the information current? When was it last reviewed?
 - Is the site Australian? Information from other countries may not be relevant here