

CAUTION:
Sunshine, mosquitoes, ticks and “sticks that wriggle”

With Australia’s weather heading into full summer, we offer rally visitors a timely caution to be aware of some typical hazards in the Great Outdoors.

In the lead-up to Rally Australia, there are reported to be plenty of mosquitos around and, out in the forests, a number of ticks have been found.

It is recommended visitors buy a strong insect repellent at a pharmacy or supermarket and use it regularly and thoroughly. Look for products containing at least 40% of the active ingredient DEET. It is also recommended you check your skin and hair regularly for ticks.

No snakes have been sighted, but they may nevertheless be active at this time particularly in areas with thick undergrowth. Snakes are timid and generally will move away when humans are near, but walkers should watch carefully where they put their feet.

Above all, the most common hazards for people in the summer outdoors are heat and dehydration. To protect yourself, it is essential to wear a hat with a wide brim, apply high-SFP sunscreen regularly to all exposed skin and drink plenty of water.

This advice is general in nature. If you feel any symptoms of the above, you should contact one of the expert medical services listed below, without delay.

COFFS HARBOUR BASE HOSPITAL

Numerous medical facilities are available in the Coffs Coast region. Coffs Harbour Base Hospital is the major hospital with a 24-hour emergency department and is located at 345 Pacific Highway, adjacent to the service park. Coffs Harbour Base Hospital provides emergency and critical care medicine as well as surgery and a range of critical support services. The 24 hour Emergency Department is located on the southern side of the main driveway of the campus

Emergency calls: 000
Main phone: (02) 6656 7000

COFFS HARBOUR GP SUPER CLINIC

Doctors are available at the Coffs Harbour Super GP Clinic, 51 Stadium Drive, Coffs Harbour, close to the service park. Appointments can be made by telephoning 1300 364 375. Opening hours are Monday-Friday 8am-7pm, Saturday-Sunday 9am-6pm.

LOCAL PHARMACIES

GOOD PRICE PHARMACY WAREHOUSE
150 Pacific Highway
Coffs Harbour
02 6651 1800

STAR DISCOUNT CHEMIST
10 Harbour Drive
Coffs Harbour
02 6652 3658

MEDICAL CENTRE PHARMACY
42-44 Gordon Street
Coffs Harbour
02 6652 3505

BLOOMS THE CHEMIST
Shop 23, Toormina Gardens
Toormina
02 6658 7926

BOAMBEE AMCAL PHARMACY
Shop 2/140 Lindon Avenue
Boambee East
02 6658 4008

COFFS NORTHSIDE PHARMACY
Northside Shopping Centre
Park Beach Road
Coffs Harbour
02 6651 1044

JETTY VILLAGE PHARMACY
361 Harbour Drive
Coffs Harbour
02 6652 4188

TERRY WHITE CHEMIST
Shop 51, Park Beach Plaza
Coffs Harbour
02 6652 4188

CHC PHARMACY
Specialist Medical Centre
Coffs Harbour Base Hospital
345 Pacific Highway
Coffs Harbour
02 6652 2336

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