

June 17, 2020

Men encouraged to get tested for COVID-19 amid new statistics

Recent data has shown that of Gold Coast residents who have visited a respiratory clinic for COVID-19 testing, only 31.6 per cent of those aged 18-65 were men, compared to 68.4 per cent of women, prompting calls from Gold Coast Primary Health Network for men with respiratory symptoms to make sure they get tested.

Statewide, members of the Aboriginal and Torres Strait Islander community are also under-represented for testing as are children.

Gold Coast Primary Health Network Board Chair, Dr Roger Halliwell said it was important that these groups including parents or carers, are tested for any cold or flu like illness which could include a cough, fever, sore throat, shortness of breath, runny nose and fatigue.

With restrictions easing, Dr Halliwell said testing is even more important, to detect any community transmission.

He said some of the statistics were not surprising.

“It’s men’s health week this week, which encourages men to look after their health, as traditionally they are less likely to visit a doctor than women which may explain why they aren’t being tested for COVID as frequently as women,” Dr Halliwell said.

“We want men to visit their GP to ensure their health checks, cancer screenings and immunisations are up-to-date and if they have any chronic disease conditions, that they are well managed, particularly during winter and while we are in the midst of a pandemic,” Dr Halliwell said.

Dr Halliwell said that men could also discuss any mental health or drug and alcohol concerns with their GP. A recent survey reported that over 40 per cent of the 1900 people surveyed said their drinking had increased during the pandemic. Men are also more at risk of suicide. Of the eight people that die every day in Australia from suicide, six of them are men.

“We encourage our male Gold Coasters to talk to their GP if they are struggling and to access available support services,” Dr Halliwell said.

“In addition to GPs, the website headtohealth.gov.au also has useful online tools and information and the [alcohol and drug information service](#) is available 24/7 to provide support and advice. People can call 1800 177 833.”

GOLD COAST COVID-19 TESTING OPTIONS

<https://gcphn.org.au/community/covid-19/covid-19-testing/>

RESPIRATORY CLINICS

(Free, no referral required, but bookings essential)

Burleigh Cove, Shop 13/109 West Burleigh Road, Burleigh Waters.
Open Monday to Friday, 8am-5pm and Saturday, 8am-11am
Book online at [HotDoc](#) or burleighcrc.com.au or call 0410 831 919

Upper Coomera, Ground Floor, Shop 6/21 Coomera Grand Drive, Upper Coomera
Open Monday to Friday, 8.30am-5.20pm and Saturday, 9.30am-1.30pm
Book online at [HotDoc](#) or call 07 5529 7125

Hope Island, 10 Santa Barbara Road, Hope Island
Open Monday to Friday, 1pm-5pm and Saturday, 8am-12pm
To Book: Online at [HotDoc](#) or call 07 5563 5151

Kalwun Nerang Respiratory Clinic, 14 Nerang Street, Nerang
This clinic is for Aboriginal and Torres Strait Islander people and their families and non-Indigenous vulnerable people including people aged 70 and over, pregnant women, children aged under 12 months, people being treated for a chronic disease, people who are immunocompromised.

Open **Monday to Friday, 8.30am- 4pm**
Book by calling 0455 026 553 or for more information visit:
www.kalwun.com.au/health-services/our-clinics/covid-19-respiratory-clinic

FEVER CLINICS

(Free, no referral or booking required, open 7 days)

Gold Coast University Hospital, Robina Health Precinct (near Robina Hospital).
<https://www.goldcoast.health.qld.gov.au/coronavirus-covid-19/visiting-fever-clinic-getting-tested>

GENERAL PRACTICES

Some general practices are able to conduct testing for COVID-19, but most GPs will refer patients to dedicated pathology clinics or fever and respiratory clinics. Consultations may be conducted through telehealth – patients should contact their practice to discuss their options. **If anyone has respiratory symptoms, they should always contact the practice before visiting the clinic.**

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