ACT Government Health

Which health service do I need?

	Emergency Department 000	For serious illness or injury (like breathing problems, bleeding that doesn't stop, broken bones, head injuries, or chest pain), phone 000 for an ambulance or go to the Emergency Department at Canberra Hospital in Woden, or Calvary Hospital in Belconnen at any time (24 hours a day, seven days a week). www.health.act.gov.au/emergency
	Local doctor or General Practitioner (GP)	For most health problems and health checks, phone your local doctor for an appointment. Doctors are open at different times. If you need help and your doctor is closed, phone Healthdirect on 1800 022 222 for doctors who provide after-hours services or home visiting services. www.health.act.gov.au/health-services
	Walk-in Centres	For treatment of minor illness and injury, go to a Walk-in Centre between 7:30am and 10:00pm on any day (seven days a week). You don't need to make an appointment. There are Walk-in Centres in Belconnen and Tuggeranong. www.walkincentre.act.gov.au
	Pharmacy or chemist	For advice about minor illness and injury, go to your local pharmacy. Pharmacies are open at different times. You don't usually need to make an appointment. www.health.act.gov.au/health-services
	Healthdirect health information phone line 1800 022 222	If you don't know what to do about a health problem, or you don't know which health service to go to, phone Healthdirect on 1800 022 222 at any time (24 hours a day, seven days a week). www.healthdirect.gov.au
	Interpreter 131 450	If you need an interpreter to phone 000, Healthdirect, or another health service, first phone 131 450 at any time (24 hours a day, seven days a week). Over 160 languages are available. www.tisnational.gov.au

For more health information for people from culturally and linguistically diverse backgrounds, visit www.health.act.gov.au/multicultural

ACT Government Health

我需要哪种健康服务？

紧急服务	急诊科 电话000	因严重疾病或受伤（例如呼吸问题、流血不止、骨折、头部受伤或胸痛），可随时（每周七天，每天24小时）拨打000呼叫救护车，或前往位于Woden的堪培拉医院（Canberra Hospital）或位于Belconnen的加略山医院（Calvary Hospital）急诊科就诊。 www.health.act.gov.au/emergency
	当地医生或 全科医生（GP）	如果为大多数健康问题及健康检查，可致电当地医生安排预约。不同医生会有不同的诊疗时间。如果您需要帮助而刚好医生的诊所关门，可致电1800 022 222向Healthdirect查询，以了解哪些医生在非办公时间应诊或提供上门服务。 www.health.act.gov.au/health-services
	免约医疗中心	如果为治疗轻微疾病或损伤，可在任何一天（每周七天）的早上7时30分至晚上10时之间，到免约医疗中心就诊。这类诊所不用预约。Belconnen和Tuggeranong均设有免约医疗中心。www.walkincentre.act.gov.au
	药房	如果希望获得有关轻微疾病或损伤的意见，请到当地药房向药剂师咨询。不同药房的营业时间各有不同。您通常不用预约。www.health.act.gov.au/health-services
	Healthdirect 健康资讯 电话专线： 1800 022 222	如果您不知道应当如何处理某个健康问题，或不知道应该接受哪种健康服务，请随时（每周七天，每天24小时）致电1800 022 222向Healthdirect查询。 www.healthdirect.gov.au
传译服务	传译服务 131 450	如果您需要传译人员替您打电话给000、Healthdirect或其他健康服务，您可以随时（每周七天，每天24小时）先行致电131 450安排传译人员。该中心提供逾160种语言的传译服务。www.tisnational.gov.au

如需查询更多可供不同语言文化背景人士使用的健康资讯，
请浏览www.health.act.gov.au/multicultural

本资讯截至2015年2月正确无误