

Please note: CANTONESE version



5 steps to a healthy stay in Liverpool

在利物浦生活保持健康的五個步驟

1) Register with a doctor – In the UK, for most health issues you should see a local doctor called a 'GP'. You need a GP here for immunisations, prescriptions, referrals, sick notes and general health care. There are also out of hours GPs for health situations that can't wait until the surgery is open. Not sure how to register with a GP? Healthwatch Liverpool can help you.

1) 註冊家庭醫生診所 (**GP Practice - General Practitioner**) - 在英國，對於大多數的健康問題，您應該去見當地家庭醫生，即'GP'。家庭醫生可以給您提供疫苗接種、處方、轉診、簽發病假證明和一般醫療保健。如果您的健康問題是不能等待至您的家庭醫生診所開診的話，那麼您可以去附近一些 '非工作時間醫務診所' 要求協助。這些診所在晚上和週末也可以提供非工作時間的服務。如果您不確定如何註冊家庭醫生，那麼利物浦健康監察機構可以為您提供協助。

Will I need to pay to see the doctor?

我需要付費去看醫生嗎？

Tier 4 Visa Holders - The Immigration Health Surcharge (IHS) paid as part of your visa application will cover you for NHS medical treatment in the UK.

第四層級 (Tier 4) 簽證持有人 - 作為簽證申請費的一部分，您已經支付了部分移民醫療附加費 (IHS)，這使您有權在英國享受國家健康服務署的服務。

Please note, as with UK residents, you will still need to pay for certain services provided by the NHS such as when you receive a prescription (buy prescribed drugs from a chemist).

請注意，與英國居民一樣，您仍然需要支付英國醫療的某些費用，例如在您收到處方時（從藥劑師處購買處方藥）。

Short Term Study Visa Holders - Students who are in the UK for less than six months should have a private health insurance policy (you should provide your insurance documents to the medical centre when you register)

短期學習簽證持有人 - 在英國逗留不到六個月的學生應該有私人醫療保險（當您在醫療中心註冊時，您應該向該中心提供有關的保險檔）。

2) Know where your nearest pharmacy is – They can issue medication and advise you on many common health issues and you don't need an appointment.

2) 知道您最近的藥房的位置 - 他們可以配藥給您，並就許多常見的健康問題向您提供建議，此服務不需要預約。

3) Walk-in Centres – The nurse-led Walk-in Centres can help with minor injuries and one-off health concerns. Whatever the length of your visa, you are able to access the Walk-in Centres for free and you don't need to register. To assist waiting times, you can make an appointment via a triaging system. Ask Healthwatch Liverpool about your nearest walk in centre.

3) 無須預約診所 - 由護士主的導的無須預約診所可以幫助解決輕傷和一次性健康問題。無論您的簽證期限如何，您都可以免費使用無須預約診所，而無需註冊或預約。為了縮短等待時間，您可以通過分類系統進行預約。向利物浦健康監察機構詢問離您最近的無需預約診所。

4) Keep A&E for serious and life threatening emergencies only –

Accident and Emergency (A&E) departments at hospitals are very busy. You will have to wait in a queue for several hours. You should only use this service for real health emergencies.

4) 急症室 (A&E) 僅處理嚴重且危及生命的緊急情況 - 醫院的急症室是非常忙碌的。您將要等候幾個小時。您應該只在真正的健康緊急情況下才使用此服務。

5) Look after yourself – Moving to a new country means big changes to your life and lots of great opportunities. Try to remember to eat healthy meals, stay active and be aware of your stress levels. If you feel constantly homesick, unhappy or that you can't cope, don't keep it a secret. Speak to your GP and University Student Counselling and Wellbeing Service.

5) 照顧好自己 - 搬到一個新的國家意味著你的生活可能會面臨很大的改變和很好的機遇。要確飲食健康，保持活躍並時刻注意您能承受的壓力水準。如果您感到非常想家，不開心或無法面對困難時，請您去找家庭醫生或大學學生輔導和健康部門尋求協助。

Contact Healthwatch Liverpool 0300 7777007

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