

What you need in your Home Medical Chest

- Pain killers, remedy for cold
- Remedy for digestive problems, diarrhoea
- Wound disinfection, wound salve, ointment for minor burns
- Remedy for mosquito bites, sunburn, itching (antihistamine)
- Salve or gel for bruises, strain trauma, sprains
- Sterile band-aid and compresses
- Clinical thermometer, scissors, tweezers
- Cooling compresses (store in the fridge)
- Hot water bottle



Online-Searching Machines for Health Care

Find addresses and data on doctors, psychologists and midwives in Hamburg online, you need a German speaker for support:

Kassenärztliche Vereinigung:

<http://www.kvvh.net/kvvh/arztuche/index/p/274>

Ärztammer:

<http://www.aerztekammer-hamburg.org/arztuche.html>

Hebammenverband:

<http://hebammen.info/hebammenliste-fuer-hamburg/>

REFUGIUM – Refugee Health

This flyer is part of the REFUGIUM health awareness project for refugees by HAW Hamburg Department of Health Sciences.

The knowledge provided here will help you and your family to maintain and regain health in Germany.

Learn with REFUGIUM about

- Health care in Germany
- Mental health in Germany
- Hygiene in Germany
- Oral health in Germany
- Physical activity in Germany
- Nutrition in Germany

We Care for You and We Care for Your Health!



REFUGEES WELCOME



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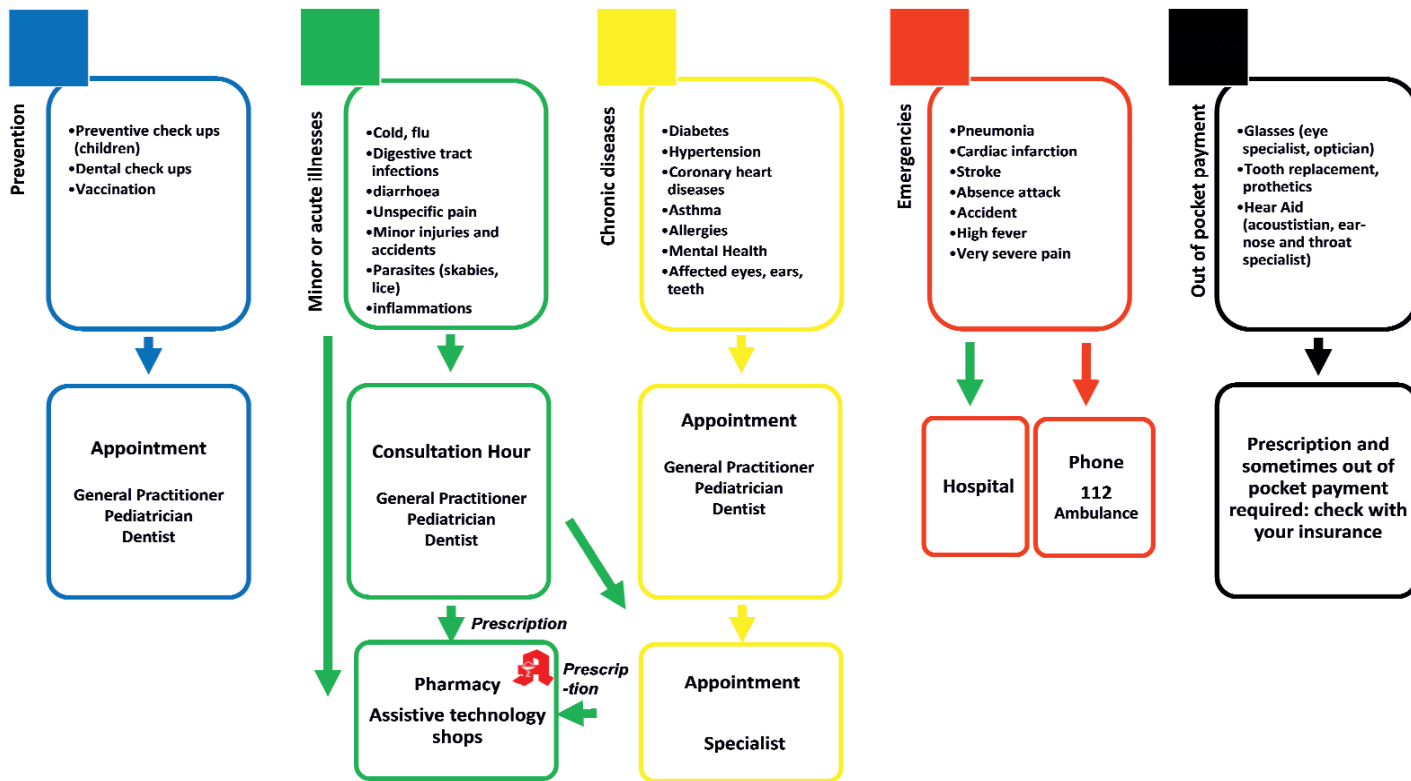
Zeichnungen: Natalia Yaremenko

Dieses Falblatt ist erhältlich in 8 Sprachen:

Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi, Russisch, Türkisch.

REFUGIUM Flucht und Gesundheit

Health Care in Hamburg Gesundheitsversorgung in Hamburg



Illnesses originating in home country

- Diabetes
- Hypertension
- Asthma
- Coronary heart diseases
- Infectious diseases (HIV, Tuberculosis, Diphtheria, Hepatitis)
- Trauma (war, torture, sexual violence)
- Chronic mental disorders

Injuries and illnesses acquired on escape route

- Wounds
- Injuries
- Frostbite
- Malnutrition
- Common cold
- Infectious diseases (HIV, Tuberculosis, Diphtheria, Hepatitis)
- Diarrhoea
- Trauma (expulsion, prosecution, sexual violence)

Illnesses acquired in Germany

- Infectious diseases (digestive tract, flu, HIV)
- Common cold
- Digestive problems due to change of diet
- Health issues due to climate change
- Trauma
- Isolation
- Posttraumatic Stress Disorder
- Sexual violence

Doctoral Visit

Case history:

- WHICH previous illnesses did you have?
- WHAT is the acute problem?
- WHERE is the pain, inflammation, injury located?

Diagnostics:

- Physical examination
- Technical examination (x-rays, ultrasound etc.)

Therapy:

- Recommendations for behaviour which supports convalescence, like rest, sleep, nutrition, warmth, cooling, baths

Medication

1. Requiring prescription: will be paid by health insurance.
 2. Not requiring prescription: must be paid out of pocket.
- Technical aid: dressings, bandages, crutches, wheelchair
 - Physiotherapy, Occupational Therapy, Speech Therapy, Psychotherapy

Important

Schedule an appointment, keep it and be prepared for a longer waiting time.

Doctoral visit: Do not forget:

- AOK-Card or ZEA-Form
- Interpreter
- Previous diagnostic documents
- Vaccination pass
- Allergy pass
- Mother/pregnancy pass



The doctor is obliged to treat you and to respect medical confidentiality.

Emergency Call 112



- WHERE** – did it happen?
- WHAT** – happened?
- HOW MANY** – are injured or ill?
- WHICH** – injury/illness occurred?
- WAIT** – for questions

§ 4 Law on asylum seekers' welfare in cases of illness, pregnancy or maternal and child health

- Acute illnesses
- Acute pain
- Treatment with medication and dressings, measures necessary for convalescence, recovery or relief
- Vaccination §§47, 52 Abs. 1 Satz 1 Social Welfare Law XII
- Vaccination covered by health insurances
- Tooth replacement or prosthetics are only paid for if no delay is possible for medical reasons!
- Dental treatment only in case of pain or acute disease, and only if medically necessary
- Expecting mothers and mothers and babies during and after birth: doctoral and midwifery support, medication, dressings, remedies
- First Examination and check up on arrival
- Children and youth preventive check ups