

Please note: Mandarin



5 steps to a healthy stay in Liverpool

在利物浦保持健康的五个步骤

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) **注册家庭医生诊所 (GP Practice - General Practitioner)** - 在英国，对于大多数的健康问题，您应该去见当地家庭医生，即'GP'。家庭医生可以给您提供疫苗接种、处方、转诊、签发病假证明和一般医疗保健。如果您的健康问题是不能等待至你的家庭医生诊所开诊的话，那么你可以去附近一些‘非工作时间医务诊所’要求协助。这些诊所在晚上和周末也可以提供非工作时间的服务。如果您不确定如何注册家庭医生，那么利物浦健康监察机构可以为您提供协助。

Will I need to pay to see the doctor?

我需要付费去看医生吗？

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.

第四层级 (Tier 4) 签证持有人 - 作为签证申请费的一部分，您已经支付了部分移民医疗附加费 (IHS)，这使您有权在英国享受国家健康服务署的服务。

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).

请注意，与英国居民一样，您仍然需要支付英国医疗的某些费用，例如在您收到处方时（从药剂师处购买处方药）。

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)

短期学习签证持有人 - 在英国逗留不到六个月的学生应该有私人医疗保险（当您在医疗中心注册时，您应该向该中心提供有关的保险文件）。

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) **知道您最近的药房的位置** - 他们可以配药给您，并就许多常见的健康问题向您提供建议，此服务不需要预约。

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) **无须预约诊所** - 由护士主导的无须预约诊所可以帮助解决轻伤和一次性健康问题。无论您的签证期限如何，您都可以免费使用无须预约诊所，而无需注册或预约。为了缩短等待时间，您可以通过分类系统进行预约。向利物浦健康监察机构询问离您最近的无须预约诊所。

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) 仅处理严重且危及生命的紧急情况** - 医院的急症室是非常忙碌的。您将要等候几个小时。您应该只在真正的健康紧急情况下才使用此服务。

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) **照顾好自己** - 搬到一个新的国家意味着你的生活可能会面临很大的改变和很好的机遇。要确饮食健康，保持活跃并时刻注意您能承受的压力水平。如果您感到非常想家，不开心或无法面对困难时，请您去找家庭医生或大学学生辅导和健康部门寻求协助。

Contact Healthwatch Liverpool 0300 7777007 enquiries@healthwatchliverpool.co.uk
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