

CONTACT YOUR DISTRICT HEALTH CENTRE IF YOU BECOME ILL DURING THE WEEK

If you become ill, have hurt yourself, or just want advice during the week you should contact the district health centre at which you are registered. You can speak to a nurse or a doctor there. Less-serious emergency cases are also dealt with at the district health centre.

Family doctors

The family doctor treats everyone in the family, both children and adults.

The family doctor works at a district health centre or private clinic. From the family doctor you receive advice, support and treatment. The family doctor will help if you need hospital care.

District nurses

District nurses work at the district health centre. They provide help and advice and can also judge whether you need to see a doctor. District nurses can write prescriptions for certain medicines. They can also make home visits. It does not cost anything to visit the district nurse if you live in the county.

Physiotherapists, occupational therapists and social welfare officers

Physiotherapists, occupational therapists and social welfare officers work with rehabilitation so that you can get better more quickly. You can obtain advice and treatment from them. They also help if you need special equipment or assistance for coping better with everyday life.

Midwife's clinic

If you are pregnant you can obtain advice and health care during the pregnancy. You can visit a midwife and a gynaecologist. You can also get help with meeting a psychologist and social welfare officers. Prospective mothers and fathers are both welcome at the midwife's clinic.

If you are unsure whether you are pregnant you can take a pregnancy test and obtain advice. You can also obtain advice on contraception, sex and personal relationships. If you are a woman between 23 and 69 years old, you will be called to the midwife's clinic every three years to have a cervical smear.

Child health care

All children who have not yet started school receive child health care. This is at the district health centre or at the district nurse's clinic and its aim is to ensure that your child is healthy. Here, new parents can receive instruction on how to take care of their child. Should your child have special needs, support and assistance can be provided early.

Youth clinic

If you are young and have questions about sex and personal relationships, relationships and feelings, contraception or illnesses related to sex, you can contact the youth clinic. There is one in every municipality. Boys and girls are both welcome. Here you can meet a midwife, social welfare officer or doctor. They have a duty of confidentiality. It does not cost anything to visit the young person's clinic.

IF YOU BECOME ILL IN THE EVENING, DURING THE NIGHT, WEEKENDS OR PUBLIC HOLIDAYS

If you become ill in the evening, during the night, weekends or public holidays, you should ring the following telephone numbers:

Municipality of Eskilstuna

Eskilstuna Health and Medical Care Advice Service, 016-10 40 00
(weekdays 17.00-08.00, weekends/public holidays daily 24 hours)

Municipality of Strängnäs

Strängnäs District Health Centre, 0152-160 90
(Sundays and weekends/public holidays 08.00-17.00)

Eskilstuna Health and Medical Care Advice Service, 016-10 40 00
(every day 17.00-08.00)

Municipalities of Katrineholm, Flen and Vingåker

Katrineholm Health and Medical Care Advice Service, 0150-566 50
(weekdays 17.00-08.00, weekends/public holidays daily 24 hours)

Nyköping, Oxelösund, Gnesta or Trosa municipalities

Nyköping Health and Medical Care Advice Service, 0155-24 54 00
(weekdays 17.00-08.00, weekends/public holidays daily 24 hours)

IN EMERGENCIES - RING 112

If you have had an accident or have become seriously ill, for example with severe pains in the chest or stomach, heavy bleeding, breathing difficulties, car accident etc. - **ring 112**.

Say who is ringing, what has happened and where it has happened.

SOME ADVICE BEFORE YOU GO TO THE DOCTOR

Many people feel worried about visiting the doctor. It is easy to forget what it is that you want to talk about or ask. Write down anything that you think is important.

This can be which medicine you are taking, if you are over-sensitive to anything, previous illnesses you have had or anything similar. Always take your patient card, high-cost card, free card and certificate of illness with you, if you have any.

You have the right to receive information on your illness and state of health from the doctor. If you do not understand what the doctor is saying, you should ask. If you cannot speak Swedish, have a speech or hearing impairment, you can receive free interpreter assistance.

Duty of confidentiality

Everyone working within the health and medical care services has a duty of confidentiality. This means that they are not allowed to talk about you, your illness and treatment to anyone else except those who treat you. You decide yourself which information should be given to other people. This is also the case with information that you want your relatives to have.

HEALTHCARE FEES AND HIGH-COST PROTECTION

There is a limit for how much you need to pay for healthcare and medicine.

High-cost protection means that during a twelve-month period you pay at most 900 kronor for medical attention and 1,800 kronor for medicine. When you have reached the limit you receive a free card. You then no longer need to pay for visits to health and medical care services or for medicine during the remainder of the twelve-month period.

Take money with you

Take money with you when you visit the health and medical care services or dentist. It is also possible to pay with a card at most district health centres and hospitals. If you have booked an appointment and cannot pay with cash, there is a risk that you will not be able to go ahead with your visit and instead will receive a new appointment for a later date.

If you are prevented from coming

If you have an appointment to visit the doctor but cannot come, you should give notice of this at least 24 hours before the appointment. Otherwise you may have to pay 100 kronor for failing to attend. Apart from that, someone else then has the opportunity to take your appointment.

TRAVEL COSTS

With Pulsen you can travel by bus free-of-charge to health and medical care services. Your written appointment card or receipt for treatment that you have received the same day counts as your travel ticket.

The bus line travels from Vingåker District Health Centre via Katrineholm, Flen and Malmköping to Mälar Hospital in Eskilstuna.

More information about Pulsen can be found in Länstrafikens (the County Traffic Service) timetable. Phone Länstrafiken on 020-224000.

Right to compensation

You can obtain compensation for the least expensive method of transport to the nearest district health centre or hospital. If you choose to travel further, you must pay the extra cost yourself. These rules apply to those who live here in Sweden, are Swedish citizens or if you come from a country that has an agreement with Sweden.

Own charge

You pay a part of the travel costs yourself. This is called 'own charge'.

The own charge is 40 kronor for a one-way journey if you travel by car and 50 kronor if you travel by taxi. For public transport, or a transfer taxi to public transportation, you must pay 20 kronor as own charge per one-way journey.