

# Getting Medical Care

It can be hard to know where to go to get medical care. Choices include:

- A doctor's office, health clinic, free clinic or health department
- Urgent Care
- Emergency Department (ED)

## Use these tips as a guide:

- Go to your **doctor's office or clinic** for:
  - ▶ Routine check ups
  - ▶ Minor injuries or illnesses such as colds, coughs, earaches, sore throats, headaches, and muscle or joint problems
  - ▶ Immunizations
  - ▶ TB skin testing
  - ▶ Sexual health problems
  - ▶ Managing high blood pressure, diabetes, high blood cholesterol, asthma, thyroid problems or seizures

Routine check ups can help prevent serious illnesses. Some doctor's offices or clinics have programs to help people with the costs of health care.

- Go to an **urgent care** for more serious injuries and illnesses. This includes vomiting or diarrhea that lasts more than one day and cuts that need stitches. These places may be open on weekends or later in the day when your doctor's office or clinic is closed.

# 診療を受ける

診療を受けるとき、どこへ行くべきか判断に困る場合があります。診療は以下に挙げる場所で行われています。

- 医院、診療所、無料の医療クリニックまたは保健所
- 緊急医療クリニック
- 救急部 (ED)

以下のアドバイスを参考にしてください。

- 次のような状況でかかりつけの医院または診療所を利用します。
  - ▶ 定期検診
  - ▶ 軽度のけが、または風邪、咳、耳痛、喉の痛み、頭痛、筋肉痛、または関節の痛みなどがある
  - ▶ 予防注射
  - ▶ 結核(TB) 皮膚テスト
  - ▶ 性病
  - ▶ 高血圧、糖尿病、高血中コレステロール、喘息、甲状腺障害、痙攣

定期検診は病気の悪化を防ぐのに役立ちます。医院や診療所によっては、医療費負担のプログラムがあります。

- より深刻なけがや病気の場合は**応急手当**を受けます。1 日経っても嘔吐や下痢が治まらない場合や縫合が必要なけが緊急医療クリニックなどでは、週末や医院や診療所の診療時間外でも診察を受けられます。

- Call 911 to take you to the **Emergency Department (ED)** of a hospital right away if you have:
  - ▶ Chest pain
  - ▶ Trouble breathing or shortness of breath
  - ▶ Bleeding that will not stop
  - ▶ Numbness in the face, arm or leg or trouble speaking
  - ▶ Sudden dizziness, weakness, or change in vision
  - ▶ Sudden or severe pain
  - ▶ Sudden or unexplained loss of consciousness
  - ▶ Confusion
  - ▶ High fever with a stiff neck, confusion or a hard time breathing
  - ▶ Coughing up or vomiting blood
  - ▶ Active seizures
  - ▶ Broken bones
  - ▶ Vomiting or diarrhea where there is no urine for more than 8 hours

For a baby or young child, call 911 or go to the ED right away if he or she:

- ▶ Will not wake up easily
- ▶ Has lips that turn blue
- ▶ Has problems breathing
- ▶ Has a temperature above 100.4 degrees F or 38 degrees C taken under the arm. If your baby is 2 months old or younger, a rectal temperature should be taken.

- 以下の症状が出た場合、直ちに 911 に電話して病院の**救急部 (ED)** で診療を受けてください。
  - ▶ 胸痛
  - ▶ 呼吸困難または息切れ
  - ▶ 出血が止まらない
  - ▶ 顔面、腕、または脚のしびれ、または口のもつれ
  - ▶ 突然のめまい、脱力感、または視覚異常
  - ▶ 突然の痛み、または激痛
  - ▶ 突然のまたは原因不明の意識障害
  - ▶ 錯乱
  - ▶ 首のこりをともなう高熱、錯乱、または呼吸困難
  - ▶ 喀血または吐血
  - ▶ 発作
  - ▶ 骨折
  - ▶ 8 時間以上にわたり排尿がない状態での嘔吐や下痢

乳幼児に以下の症状が起きた場合、直ちに 911 に電話するか救急部に連れてきてください。

- ▶ 眠りからなかなか覚めない
- ▶ 唇が青色に変色している
- ▶ 呼吸障害がある
- ▶ 脇の下で測ったときの体温が摂氏 38°C (100.4°F) を超えている。赤ちゃんの年齢が2ヶ月以下も場合は直腸温度を測るべきです。

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Getting Medical Care. Japanese.