

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.

就医

了解该到哪里得到医疗护理不一定是一件易事。您可选择：

- 医生诊室、健康诊所、免费诊所或卫生部门
- 紧急医疗护理设施
- 急诊室（ED）

请用以下提示作为指南：

- 下列情形请去您的**医生诊室或其他诊所**：
 - ▶ 例行检查
 - ▶ 轻伤或小病，诸如感冒、咳嗽、耳痛、咽喉痛、头痛和肌肉或关节问题
 - ▶ 免疫接种
 - ▶ 肺结核皮试
 - ▶ 性健康问题
 - ▶ 控制高血压、糖尿病、高血胆固醇、哮喘、甲状腺病或癫痫例行检查能有助于避免严重疾病。有些医生诊室或诊所有帮助人们减免医疗费的项目。
- 若是更重的伤病请前往**紧急医疗护理设施**。这包括持续超过一天的呕吐或腹泻以及需要缝针的割伤。这些地方可能在医生诊室或诊所关闭的周末或晚间仍开诊。

- 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.

- 如有下列症状，请打911，让他们立刻带您到医院的**急诊室（ED）**：

- ▶ 胸痛
- ▶ 呼吸困难或呼吸急促
- ▶ 流血不止
- ▶ 面部手臂或腿部麻木或说话有困难
- ▶ 突然头晕、虚弱或视力有变化
- ▶ 突然或严重的疼痛
- ▶ 突然或不明原因地失去知觉
- ▶ 意识不清
- ▶ 颈部僵直、意识不清或呼吸困难的高烧
- ▶ 咳血或者吐血
- ▶ 惊厥发作
- ▶ 骨折
- ▶ 超过8小时无小便但呕吐或腹泻

如果婴儿和幼童有下列症状，请拨打911或立刻去急诊室：

- ▶ 不易醒来
- ▶ 嘴唇青紫
- ▶ 呼吸有困难
- ▶ 腋下体温超过38摄氏度（华氏100.4度）。
如果宝宝的年龄不到两岁，应该测肛门的温度。

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Getting Medical Care. Simplified Chinese.