



Healthcare in Queensland

Wanpela buk bilong ol nupela man na meri i kam long Queensland



Insait



Ol man na meri
bilang tanim tok



Ol haus bilong
kisim marasin



Ol kat bilong dokta



Ol marasin



Ol Dokta na helpim
long sait bilong
helt



Gutpela tingting



Wokman long
hausik



Sekim ol geta faim
long hausik



Kisim bikpela
bagarap



Kisim sut

No ken lusim tingting long sekim (ol tok i stap long) **Glosari** long pes 16 bilong painim ol tok ol i bin putim mak daunbilo.

Ol man na meri bilong tanim tok



Taim yu lukim dispela mak, dispela i makim olsem yu inap kisim helpim long wanpela man o meri bilong tanim tok.

Wok bilong tanim tok i no gat pe i stap 24 aua long olgeta de, 7 de long wik long kisim helpim long sait bilong helt olsem long ol haus sik bilong gavman, ol klinik bilong ol dokta, na ol haus sik bilong ol man yet ol hausik bilong Man na Meri wantem.

Ol tok yu mekim wantaim ol man na meri bilong tanim tok em ol tok hait. Dispela i makim olsem ol i mas haitim ol tok bilong yu.

Sapos yu nidim wanpela man na meri bilong tanim tok, askim ol haus sik long stretim wanpela bilong helpim yu. No ken lusim tingting long askim long wanem tokples yu save long en (olsem: Tok Pisin).





Ol kat bilong dokta

Medicare kad i save mekim wanem wok?

Wanpela Medicare kad inap helpim ol haus sik long kliagut long yu husat na helpim yu long baim ol samting yu mas baim bilong go lukim dokta.

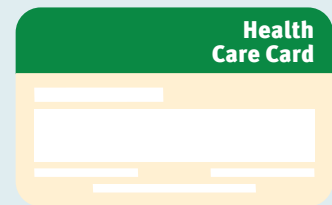
Sapos yu laik kisim sampela save moa long olsem wanem yu inap kisim Medicare, yu ken ringim Services Australia Medicare Program long **132 011**.



Medicare Kat

Dispela helt kat i save mekim wanem wok?

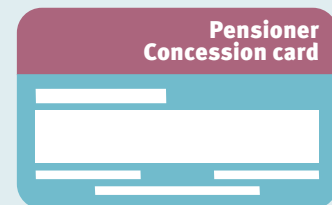
Dispela helt kat i bilong ol man i gat liklik mani na em inap helpim yu long na kisim ol marasin ol dokta i makim long ol dokta long pe i no bikpela tumas. Planti taim dispela kat i no save helpim yu long baim ol vitamin na ol marasin samting. Askim Centrelink sapos yu inap long kisim dispela marasin.



Heltkat

Wanem samting dispela kat i save mekim?

Ol man i winim 60 krismas na ol i gat Medicare kad, ol i ken kisim dispela kain kad, na em bai helpim yu long kisim ol marasin i no gat bikpela pe, na sampela kisim liklik mani. Askim Centrelink sapos yu inap long kisim dispela marasin.



Pensioner Concession kad

Ating yu mas baim olgeta mani bilong sampela marasin yu kisim long dokta, maski yu gat ol dispela kat. Yu mas kisim ol dispela kat wantaim yu long olgeta taim yu go lukim dokta na long haus marasin.

Sapos yu no gat wanpela bilong ol dispela kat, yu mas baim olgeta mani bilong ol marasin long haus marasin na long sampela haus sik. Oltaim askim sapos yu no save gut.

Helt karamapim bilong ol lain i wok sotpela taim o ol lain i wok long PALM skim

Sapos yu gat visa bilong wok na/o yu no gat Medicare card, yu mas mekim ol samting bilong lukautim yu long sik bilong yu long olgeta kantri i stret wantaim visa bilong yu, na yu mas toktok wantaim ol lain bilong lukautim yu long sik bilong yu na bai yu ken save long ol samting ol polis bilong yu bai mekim long sampela kain hevi.

Sapos yu wanpela wokman bilong PALM, yu ken kisim sampela gutpela toksave long ol samting bilong kisim sik insurance long rot bilong yusim QR kod o yu ken ringim PALM long namba **1800 51 51 31**.

Ol man na meri i laik kisim helpim

Ol man i laik i go stap long Australia na ol i bin putim askim long kisim visa bilong lukautim ol na ol i no gat Medicare, ol i ken go long ol haus sik bilong gavman long Queensland long no gat pe.





Ol dokta na ol dokta i lukautim ol



Taim yu toktok wantaim wanpela dokta bilong haus sik, o wanpela farmasi, o taim yu ringim 13 HEALTH, yu ken askim ol long helpim yu long tanim tok.

Olsem wanem mi inap kisim helpim sapos mi gat sik?



Go lukim dokta (GP)



Go long famasi bilong kisim toksave



Klaim Tripela Zero '000' long taim bilong bikpela hevi

Sapos yu no save, yu ken ringim 13 HEALTH long 13 43 25 84 bilong kisim tok bilong wanpela nes, 24 aua long de, 7 de long wik.

Husat em i dokta bilong famili?

Planti taim ol i kolim dokta bilong haus (general practitioner) sik olsem “ GP “ o “ dokta bilong famili” na planti taim em i wanpela bilong ol dokta i save lukautim ol pikinini. namba wan man yu go long em taim yu gat sik. Yu mas makim taim bilong lukim dokta bilong yu.

Sapos yu nidim wanpela man bilong tanim tok, yu mas tokim receptionist taim yu makim taim bilong toktok.

Dokta bilong haus sik inap mekim wanem?

- Givim ol tok bilong helpim yu long sait bilong helt, stretim ol sik na bagarap yu kisim, na helpim yu long kisim ol marasin
- Sapos i gat wok long yu, yu ken kisim helpim long ol narapela dokta, olsem ol dokta i gat save long ol samting bilong skin. Oli kolim dispela olsem “referral”.
- Givim ol pepa bilong gavman olsem dokta i tok yu gat sik
- Helpim yu long stretim sik bilong yu long longpela taim na long mekim ol wok painimaut (screening) (olsem sekim sik kensa na blut presa)
- Lukautim em taim em i gat bel.

Man i save baim hamas mani long go lukim dokta?

Sapos yu gat wanpela Medicare kad o yu save long namba bilong Medicare bilong yu, dispela inap helpim yu long baim sampela o olgeta pe bilong go lukim dokta. Sapos yu no gat Medicare kad, yu ken askim ol long ol pe bilong en, o yu ken sekim sapos insurens bilong yu i save lukautim sampela bilong ol dispela pe.

Askim klinik bilong yu sapos oli save “bulk bill” o nogat. Sapos ol i no mekim olsem, yu mas baim “gap fee” bilong lukim wanpela GP maski yu gat Medicare kad.

Sapos yu no inap i go long apontment bilong yu, yu ken toksave long klinik, long wanem, sapos yu no go long apontment, ol bai kisim mani long yu.

Yu ken makim taim bilong lukim dokta long rot bilong telefon, olsem yu ken toktok wantaim dokta long rot bilong telefon, na i no long rot bilong lukim dokta long ai. Askim dokta bilong yu sapos yu inap kisim dispela sevis.

Bikpela Wokman



Taim yu go lukim wanpela dokta, askim em long helpim yu long tanim tok. Yu ken askim long kisim tok ples taim yu makim taim bilong toktok.

Olsem wanem mi inap go lukim wanpela Bikpela Wokman o dokta?

1. Dokta bilong yu bai sekim yu pastaim na sekim sapos yu mas i go lukim wanpela dokta.
2. Dokta bai raitim wanpela pas (referral) bilong salim yu i go long wanpela dokta o saveman.
3. Askim dokta bilong yu long save moa long wanem dokta yu ken i go long en na olsem wanem ol bai stretim dispela askim bilong yu.

Taim yu wet long lukim dokta, em i bikpela samting long yu tokim dokta bilong yu sapos sik bilong yu i senis, na bai em i ken lukautim yu na tokim dokta long ol samting yu mas mekim.

Sapos yu gat Medicare card o yu laik kisim asylum, yu ken go lukim wanpela dokta long gavman, tasol sampela taim yu mas wet. Sapos yu no gat Medicare tasol yu gat sik insurance, yu ken toktok wantaim sik insurance bilong yu na painimaut wanem ol samting i stap insait long sik insurance.

Ol bikpela hevi



Askim wanpela man long tanim tok taim yu ringim ambulens o yu go long emergency dipatmen.

You should call an ambulance if you have any of these symptoms:

- bikpela pen long bros
- booliinogat moa strong
- hat long stopin blut
- panim hat taim long kisim win
- wantu em i pundaun
- paiya kukimo bikpela suwa.

Ambulans sevis i no bilong ol man i kisim liklik bagarap o sik. Sapos yu no save olsem sik bilong yu o bagarap bilong yu i bikpela samting o nogat, yu ken ringim **13 HEALTH** long **13 43 25 84**.

Ambulans i no gat pe sapos yu stap long Queensland.

Na tu, yu ken i go long hap bilong yu long haus sik bilong kisim helpim (ED). Dispela wok i no gat pe bilong en. **OL ER i op 24 aua long olgeta de, 7 de long olgeta wik.**

Lukautim Em Kwiktaim

Ol Medicare Urgent Care Klinik i op long planti aua, 7 de long wik, bilong stretim na lukautim ol liklik sik na bagarap. Ol i gat ol dokta na nes i gat save long mekim ol wok bilong ol, na ol i save kam long ol dispela haus na givim ol bikpela mani long ol.

Ol inap stretim ol sik na bagarap i kamap kwiktaim, tasol ol i no inap bagarapim laip bilong man, na tu, ol inap stretim ol sik we i no gat rot long wetim dokta i kam lukim yu, tasol i no gat wok long yu go kwik long haus sik, olsem ol liklik sik, ol sua i bruk, ol sik bilong pispis, na ol liklik paiawut.

Ol klinik bilong Medicare Urgent Care inap lukim ol man i no gat Medicare long fri tu, tasol pastaim yu mas sekim gut pe bilong ol.

Mi mas mekim wanem sapos mi kisim bikpela sik o bagarap?

Long Australia, **Triple Zero “000”** em namba bilong singaut long ol polis, paia na ambulens.



Ambulans

☎ 000

ENGLISH



Urgent Care Clinics
Information

ENGLISH



Calling an
ambulance



Ol haus sik



Askim wanpela man o meri long tanim tok bilong yu taim yu stap long haus sik.

Olsem wanem sapos mi mas stap long haus sik?

Ating yu mas i stap long haus sik sapos yu gat bikpela sik o yu kisim bikpela bagarap, o sapos yu bai kisim operesen.

Taim yu stap long haus sik, ol wokman bilong haus sik bai sapotim yu na lukautim yu, na ol bai mekim olgeta samting yu nidim.

Olsem wanem sapos pikinini bilong mi i mas slip long haus sik long nait?

Wanpela man tasol inap stap wantaim pikinini long nait. Ol narapela insait long famili inap kam lukim ol. Askim nes long taim save moa.

Sapos yu tingting planti long sik bilong pikinini bilong yu taim em i stap long haus sik, em i bikpela samting long tokim ol wokman bilong haus sik, long wanem, yu save gut long pikinini bilong yu.

Save long ol raits bilong yu long ol haus sik

Ating dokta i lukautim yu i no save long sik bilong yu. Olsem na em i bikpela samting long yu tokim ol long dispela, na bai ol inap lukautim yu gut tru. Sapos yu pilim olsem yu yet o wanpela long famili bilong yu i no kamap gutpela olsem yu ting, yu ken yusim Ryan's Rule bilong kisim sampela helpim moa.

Skenim QR kod bilong kisim sampela save moa long Lo Bilong Ryan.



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About Ryan's Rule





Ol marasin

Bai mi kisim marasin olsem wanem?

Ol farmasi (Pharmacists) i save mekim wok long wanpela “farmasi” (“pharmacy”) o “kemis” (“chemist”). Ol farmasi inap:

- Givim moa tok save
- Yu mas kisim ol marasin em dokta bilong yu i raitim (prescription) (Sampela taim ol i kolim olsem “script”)
- Salim ol marasin em dokta bilong haus sik i no inap raitim retsept bilong en
- Kisim sut long olaunim sik banis bilong booli.



Askim ol long wanpela man o meri i bai helpim yu long tanim tok long hap bilong wokim marasin.

Yu ken askim dokta bilong yu long givim yu ol narapela marasin. Oli gat wankain marasin olsem ol marasin bilong ol narapela kantri, tasol pe bilong ol i no bikpela tumas. Long Australia, ol dokta i ken salim ol marasin genik tasol sapos ol i mekim wankain wok olsem marasin bilong ol, olsem na yu ken save ol i no gat hevi long yusim.

Yu no ken tilim ol marasin yu kisim wantaim ol narapela, maski yu gat wankain sik.



Gutpela tingting



Taim Hevi i Kamap

Sapos yu o wanpela yu save long em i stap long bikpela bagarap

24 aua long de, 7 de long wik



Ambulans

☎ 000

Kisim helpim hariap

Sapos yu bel hevi na i nidim helpim long taim bilong bikpela hevi

24 aua long de, 7 de long wik



Lifeline

☎ 13 11 44



1300 MH CALL

☎ 1300 642 255



Suicide Helpline Call Back Service

☎ 1300 659 467

Toktok wantaim dokta bilong yu

Makim taim bilong go lukim dokta bilong yu na toktok long sik bilong yu rot bilong stretim sik. Ol i ken givim tingting long yu, na stretim rot bilong yu long kisim marasin bilong sik bilong tingting, na sapos yu nidim, ol inap stiaim yu i go long ol narapela sevis.

Ol lain bilong telefon bilong givim tok kaunsel

Head to Health

Toktok wantaim man o meri i save mekim wok long sait bilong helt long telefon.

🕒 Mande - Fraide 8:30am–5:00pm

☎ 1800 595 212

Multicultural Connect Line

Toktok wantaim wanpela man sapos yu tingting planti o yu bel hevi.

🕒 Mande - Fraide 9:00am–4:30pm

☎ 1300 079 020

Kids Helpline

Ol yangpela i gat 5 i go inap 25 krismas ol i ken kisim helpim long rot bilong telefon na Intenet.

🕒 24 aua long de, 7 de long wik

☎ 1800 551 800

Beyond Blue

Toktok wantaim wanpela kaunsel long Intenet.

🌐 www.beyondblue.org.au

Olgeta dispela wok i no gat pe bilong en na ol man i no ken save long ol.

PANDA National Helpline

Ol papamama na ol famili i mas kisim helpim long taim mama i gat bel na long ol namba wan 12-pela mun bilong nupela bebi.

🕒 Mande - Sarere 9:00am–7:30pm

☎ 1800 595 212

Queensland Transcultural Mental Health Centre

Toktok wantaim wanpela dokta bilong ol sik bilong tingting na bai em i ken helpim yu.

🕒 Mande - Fraide 8:30am–4:30pm

☎ (07) 3317 1234

MensLine

Ol man i ken kisim helpim long rot bilong telefon na Intenet.

🕒 24 aua long de, 7-pela de long wik

☎ 1300 78 99 78

DVConnect

Helpim ol man long rot bilong telefon ol i save mekim nogut long ol narapela long famili o long haus.

☎ **DV Womensline** - 1800 811 811

☎ **DV Mensline** - 1800 600 636



Taim yu ring, yu ken askim long wanpela man bilong tanim tok.

Oli save sekim ol man

Oltaim ol dokta i save sekim ol

Taim ol i sekim ('screens') skin bilong yu long olgeta taim, ol inap luksave long ol mak bilong sik. Sapos yu luksave long ol dispela hevi long taim ol i kamap, dispela bai helpim yu long kisim helpim hariap. Planti samting, olsem krismas bilong yu, helt bilong yu, famili bilong yu, na pasin bilong yu long sindaun, ol i ken makim hamas taim yu mas go lukim dokta.

Ol man i gat narapela krismas ol i save mekim ol narapela marasin bilong sekim skin bilong ol. Yu mas toktok wantaim dokta bilong yu long ol marasin bilong sekim (screening programs) sik bilong yu.

Sapos yu no gat Medicare, yu ken askim kampani bilong yu long painimaut wanem ol samting yu inap kisim.

Sekim yau bilong em

Sapos yu tingting planti long pasin bilong yu long harim gut, yu ken go lukim wanpela "audiologist" bilong sekim pasin bilong yu long harim gut.

I no olgeta taim ol dokta i save kisim ol man i kam long haus bilong ol bilong ol i ken baim ol samting ol i mas baim. Sekim dispela samting wantaim dokta bilong yu paslain long yu go lukim dokta.



Rekomenotim ol dokta i save sekim ol bilong abrusim sik



Ol i mas sekim skin bilong ol long olgeta taim



Sekim yau bilong em



Sik bilong maus (tit)



Sekim ai



Sekim sik kensa

Helpim Famili long lukautim helt

Helt bilong ol pikinini, ol yangpela, na famili sevis i save givim ol sevis i no gat pe long ol, ol pikinini na ol papamama o ol man i lukautim ol helpim ol long sekim helt, sindaun bilong ol man na ol samting ol i mekim wok bilong ol pikinini.

Find a child and youth service





Askim long wanpela man bilong tanim tok taim yu go lukim dentis, em bai i no gat pe bilong en long ol pablik haus sik.

Sik bilong maus (tit)

Sapos yu nidim ol wok long sekim yu na stretim yu, na yu gat Health Care card o Pensioner concession card, yu ken makim taim long go long ol pablik oral helt senta, na yu no gat pe. Sampela taim ol i mas wet longpela taim.

Ol pikinini i gat 17 krismas na oli insait long Medicare ol inap kisim sik bilong maus na ol i ken kisim ol marasin long wanpela ples bilong lukautim maus. Em i gutpela long yu go lukim dokta bilong tit long olgeta yia.

Sapos yu no gat dispela kat, orait yu mas go long wanpela dentis bilong yu na baim ol samting yu mas kisim. Sampela dentis i ken mekim wok bilong ol long haus sik bilong ol yet tasol.

Sekim ai

Em i bikpela samting long yu mas sekim ai bilong yu long olgeta taim, long wanem, i no olgeta taim yu inap luksave olsem ai bilong yu i gat sik. Bai yu go lukim wanpela optometrist.

Taim yu sekim ai bilong yu, dispela bai helpim yu long save olsem ai bilong yu i gutpela o yu mas kisim sampela narapela marasin, olsem glas.

Ol man i no winim 65 krismas ol i ken kisim fri sik bilong ai long olgeta **3-pela yia**, sapos ol i gat Medicare kad. Ol man i winim 65 krismas na ol i gat Medicare kad, ol i ken kisim fri sik bilong ai long **olgeta yia**.

Sapos yu gat wanpela Health Care card, orait yu inap kisim ol glas bilong lukluk fri long olgeta 2-pela yia. Askim dokta bilong yu o dokta bilong ai long ol samting bilong ol glas.



ENGLISH






More information and locations for dental services



Sekim sik kensa

Taim sik kensa i kamap, dispela inap kisim longpela taim, na taim sik i kamap, sik kensa inap kamap taim sik i no kamap yet na man i no gat ol mak bilong en.

Sapos ol i painimaut olsem sik kensa i stap long taim em i kamap paslain, orait i gat gutpela rot long stretim sik, na man bai i stap laip. Yu ken kisim sik kensa long narapela narapela kain kain sik, tasol i gat tripela program bilong sekim sik kensa long Australia yu ken mekim:

	Sekim/testaim susu	Sekim/testaim bel	Sekim/testaim rot bolong pikinini	
Krismas	50-74	40-49 or 75+	50-74	25 i go inap 74 krismas na ol i bin mekim maritpasin
Olsem wanem	BreastScreen Queensland (BSQ)	Bukim taim bilong go lukim dokta	Yu ken kisim wanpela free gut cancer screening kit long pos. Mekim tes na salim i kam bek long yu long rot bilong pas.	Bukim taim bilong go lukim dokta
Kos	No gat pe sapos yu gat Medicare kad	Dokta bilong haus inap baim mani bilong lukim yu	No gat pe sapos yu gat Medicare kad	Sampela dokta bilong haus sik i save givim dispela marasin long ol man nating. Askim ol long pe bilong ol taim yu makim taim bilong bung.
Hamas taim	Long olgeta 2-pela yia	Toktok wantaim dokta bilong yu	Long olgeta 2-pela yia	Long olgeta 5-pela yia
Plati tok save				
<p>Sapos yu tingting planti o yu gat ol mak bilong dispela sik, yu mas toktok wantaim dokta bilong yu.</p>				

Pasin bilong givim marasin

Vaccination em i bikpela samting long lukautim yu na famili bilong yu long ol sik na ol binatang, olsem gripe o COVID-19.

Sampela taim ol man i mas kisim marasin:

- Long go long skul na lukautim ol pikinini
- Bilong raun
- Bilong mekim sampela wok.

Pasin bilong givim marasin inap bagarapim bel bilong yu na pe bilong Centrelink sapos yu wanpela papa o mama.

Bilong wanem yu mas kisim marasin bilong daunim sik?

Toktok wantaim dokta bilong yu long wanem kain marasin yu na famili bilong yu i mas kisim, na olsem wanem na long wanem taim yupela i mas kisim.

Sapos yu inap givim wanpela rait long dokta bilong yu long ol marasin yu na famili bilong yu i bin kisim, ating bai yu no ken mekim gen. Ol nupela man i kam long kantri na ol i gat sampela visa bilong stap oltaim o visa bilong i stap sotpela taim, ol inap kisim ol buk na nius bilong ol i no gat pe bilong en.

Bilong kisim sampela save moa, go long websait bilong [Dipatmen Bilong Affairs](#).



Askim wanpela man bilong tanim tok long taim bilong kisim marasin.



ISSUE #1

FIGHTING BACK

ENGLISH



Free Translating Service





Buk bilong ol tok

English	Tok Pisin
<p>Allied health professional</p> <p>Trained healthcare professionals who can treat and help you take care of your physical or mental health such as physiotherapists, psychologists, and dietitians.</p>	<p>Allied man na meri bilong lukautim helt</p> <p>Oli bin trenim ol dokta bilong lukautim helt na ol inap helpim yu long lukautim helt bilong yu, olsem ol dokta bilong stretim sik bilong bodi na tingting, ol dokta bilong sik bilong tingting, na ol dokta bilong sekim.</p>
<p>General practitioner / GP</p> <p>A general practitioner also known as ‘GP’ or ‘family doctor’ is usually the first person you go to when you are feeling sick or unwell. They are doctors who have focused their training to look after people of all ages with all different conditions. They work at GP clinics or medical centres in the community.</p>	<p>Dokta bilong olgeta hap / GP</p> <p>Wanpela dokta bilong haus sik, o dokta bilong famili, em namba wan dokta yu save go lukim taim yu sik o yu no stap gut. Ol i dokta na ol i bin kisim skul long lukautim ol man i gat kain kain sik, maski ol i gat hamas krismas. Oli wok long ol haus sik ol wok long hausik billong ol Man/Meri long cominity.</p>
<p>Specialist</p> <p>A doctor that has focused their training on a specific type of medicine for a particular area of the body like the heart (cardiologist), a skill set like surgery or particular age group like child health (paediatrics).</p>	<p>Bipela wok man long hausik</p> <p>Wanpela dokta i bin kisim skul long wanpela kain marasin bilong wanpela hap bilong bodi olsem bel (kardiolog), wanpela save olsem operesen, o wanpela lain olsem helt bilong pikinini (pediatrics).</p>
<p>Bulk billing</p> <p>Bulk-billing is a service that health professionals such as doctors, specialists, optometrists, and dentists can choose to offer.</p> <p>If your health professional offers bulk billing, the full cost of your appointment is covered by Medicare.</p>	<p>Oli save salim planti samting</p> <p>Ol dokta, ol dokta i gat bikpela save, ol dokta bilong lukluk, na ol dokta bilong tit, ol i save baim ol dispela samting. Sapos dokta i tok yu mas baim planti samting, orait Medicare bai baim olgeta samting yu mas baim.</p>
<p>Gap fee / Medicare gap</p> <p>Sometimes you need to pay the whole fee for health services and Medicare will refund some of the cost. The amount you pay is called the ‘Medicare gap’.</p>	<p>Gap fee / Medicare gap</p> <p>Sampela taim yu mas baim olgeta mani bilong ol sevis bilong helt na Medicare bai bekim sampela mani bilong yu. Dispela mani yu baim em ol i kolim ‘Medicare gap’.</p>

Referral

A letter from your doctor to a specialist asking for an appointment for you. If the referral is to a specialist in a public hospital, the hospital will contact you to make an appointment. If it is to a private specialist, you will need to make the appointment yourself and there will be a fee.

Referral

Dokta bilong yu i raitim pas i go long wanpela dokta bilong makim taim bilong yu long go lukim dokta. Sapos oli salim yu i go long wanpela dokta long wanpela haus sik bilong gavman, haus sik bai toktok wantaim yu long makim taim bilong bung. Sapos yu go long wanpela dokta bilong ol yet, orait yu yet i mas makim taim na bai yu mas baim.

Ambulance

An ambulance is a vehicle with equipment that can provide emergency care to sick or injured people and get them to hospital quickly. Ambulances can also be used to transport patients between hospitals.

Ambulans

Ambulans em wanpela ka i gat ol masin bilong helpim ol sikman o ol man i kisim bagarap na bringim ol i go long haus sik hariap. Na tu, ol ambulans inap yusim bilong karim ol sikman i go long narapela haus sik.

Emergency department

Emergency departments treat serious or life-threatening illnesses and injuries. They are open 24 hours a day, 7 days a week.

Ol bikpela hevi dipatmen

Ol dipatmen bilong helpim ol man i gat hevi ol bikpela sik o bagarap i save bagarapim laip bilong man. Oli op 24 aua long olgeta de, 7 de long olgeta wik.

Chemist / pharmacy

A place where you can buy medicines and other health products, for example vitamins and sunscreens. If you have a prescription for medicine from your GP, a pharmacist will give these to you. You can also buy some medicines without a prescription. They are called 'over-the-counter medicines'.

Wok bilong ol kemista / haus bilong ol dokta

Wanpela hap we yu ken baim ol marasin na ol narapela marasin bilong helt, olsem, ol vitamin na ol samting bilong lukautim skin long san. Sapos dokta bilong yu i raitim marasin long yu, bai dokta i givim dispela marasin long yu. Na tu, yu inap baim sampela marasin long haus sik. Ol i kolim ol dispela marasin olsem "ol marasin ol man i no ken baim long dokta".

Prescription / script

The document on which your doctor writes an order for medicine and which you give to a chemist or pharmacist to get the medicine.

Preskripsen/skripsen

Dokument em dokta bilong yu i raitim marasin long en na yu givim long wanpela kemis o famasi bilong kisim marasin.

Generic medicine

Generic medicines have the same active ingredient as brand-name medicines and work in the same way. They are often cheaper than brand-name medicines.

In Australia, pharmacies can only sell generic medicines if they work the same way as the brand-name medicine.

Ol narapela marasin

Ol marasin bilong ol narapela kantri i gat wankain marasin olsem ol marasin bilong ol narapela kantri, na ol i save mekim wankain wok. Planti taim ol i no gat bikpela pe olsem ol marasin i gat nem. Long Australia, ol famasi i ken salim ol marasin genik sapos ol i wok wankain olsem marasin bilong ol.



<p>Active ingredient</p>	<p>Wok samting i stap insait long en</p>
<p>The main component in the medicine that makes it work.</p>	<p>Nambawan samting long marasin i mekim na em i wok.</p>
<p>Screening / screening programs</p>	<p>Wok bilong sekim ol sik</p>
<p>Screening involves simple tests that look for early signs of a disease, for example cancer, before you can see or feel any changes to your body. When you find a disease like cancer early, it is easier to treat successfully.</p>	<p>Dispela i makim olsem yu mas mekim sampela kain tes bilong painimaut ol mak bilong sik, olsem kensa, paslain long yu inap lukim o pilim ol senis i kamap long bodi bilong yu. Taim yu luksave long sik olsem kensa long taim em i kamap paslain long sik i kamap, em i isi moa long stretim.</p>
<p>Optometrist</p>	<p>Optometris</p>
<p>A person qualified to check your eyes for vision (how well you can see), eye disorders, or any other eye health problems.</p>	<p>Wanpela man i gat save bilong sekim ai bilong yu na painimaut olsem yu lukim gut o nogat, o yu gat sampela sik long ai, o yu gat sampela narapela sik.</p>
<p>Audiologist</p>	<p>Audiologist</p>
<p>A person qualified to check your hearing. An audiologist identifies, manages, and assesses hearing problems.</p>	<p>Wanpela man i gat save long sekim gut ol samting yu harim. Saveman i save painimaut, stretim, na sekim ol hevi bilong yau.</p>
<p>Vaccination / immunisation</p>	<p>Pasin bilong givim marasin/ kisim marasin bilong daunim sik</p>
<p>Vaccines are given to children and adults, usually by injection, to prevent them from getting diseases. This can prevent the disease from developing or can make it less severe.</p>	<p>Ol i save givim ol marasin long ol pikinini na ol man i bikpela pinis, na ol i save givim long rot bilong sut, bilong pasim ol long kisim ol sik.</p> <p>Dispela inap pasim sik long kamap o mekim na sik i no kamap bikpela tumas.</p>
<p>Mental health treatment plan</p>	<p>Wok bilong stretim sik bilong tingting</p>
<p>A plan your GP writes with you to help support you to get better. It also can help with the costs to access support from other health professionals like psychologists and counsellors.</p> <p>A mental health treatment plan can be useful for people with minor mental health conditions or serious conditions, short-term or long-term illnesses. You don't already have to be diagnosed with a mental health condition to talk to your doctor about making a mental health treatment plan.</p>	<p>Wanpela plen em dokta bilong yu bai raitim wantaim yu bilong helpim yu long kamap orait. Na tu, em inap helpim yu long baim ol samting bilong kisim helpim long ol narapela dokta, olsem ol dokta bilong tingting na ol kaunsel.</p> <p>Wanpela marasin bilong stretim sik bilong tingting inap helpim ol man i gat liklik sik bilong tingting o bikpela sik, o sik bilong sotpela taim o sik bilong longpela taim.</p>

Important contacts (Ol Gutpela Kontek)

GP (Dokta)

Nurse (Sista)

Dentist (Dokta bilong tit)

Other (Narapela)

Notes (Not)

Mater Refugee Health i kamapim dispela buk na ol man bilong ol narapela narapela ples na ol dokta i sekim dispela buk na ol i yusim **Refugee Health Network Queensland**, na ol i toktok wantaim **Queensland Health**. Dispela buklet i gat ol tok bilong helt tasol. Plis askim dokta bilong yu long givim sampela tok moa long yu.

Gavman bilong Australia i givim mani bilong helpim dispela wok long rot bilong **Brisbane South PHN**. Gavman bilong Australia i bin givim mani long dispela pepa, tasol em i no bin sekim ol samting i stap insait long dispela pepa na em i no gat asua long ol samting i kamap long rot bilong yusim o trastim ol tok i stap long dispela pepa.



Ol piksa bilong Emele Tuinona.

