

Tips to successfully use medical facilities

上手な医療のかかり方のポイント「ひろしま市民と市政」1月15日号

Designated clinics open at night or on weekends and holidays are for people who get injured or sick and need acute medical care on weekends and holidays when most hospitals and clinics are closed. Please refrain from using the clinics on weekends or holidays unless you need emergency care, not for reasons such as being too busy to go on weekdays or weekday hospital crowding.

Things to keep in mind when visiting a clinic available on weekends and holidays

- Designated clinics and hospitals open on weekends and holidays are generally more crowded than on weekdays.
- You may have to pay an additional fee to be seen in addition to your regular medical expenses.

Here are some tips to successfully use medical services

- If you feel unwell, do not wait until the weekends or holidays: make time during weekdays to see a doctor soon.
 - If you are not sure whether you should see a doctor soon, consult with the *Kyūkyū Sōdan Sentā* (Medical Services Consultation Center) and seek for advice.
 - Find a primary care physician nearby so you will always be in good hands.
- 👉 In the case of not having a medical referral, there are times in which you may have to pay an additional fee, in addition to your regular medical expenses, when consulting with a large-scale medical institution. Be sure to find a good primary care physician nearby so you will always be in good hands.

If you are not sure whether you should see a doctor or take your child to a doctor

Consult with the *Kyūkyū Sōdan Sentā* (Medical Services Consultation Center) and/or the *Kodomo no Kyūkyū Denwa Sōdan* (Children's Emergency Medical Hotline). An operator and consultant (nurse) are available to take individuals calls and give advice based on their situation.

- ❖ Please note these services are in Japanese.
- ❖ Consultation is free, but you will be charged for the call.

■ **Emergency Consultation Center (Hiroshima Regional Urban Area and Bingo Region)**
(Kyūkyū Sōdan Sentā Hiroshima Kōiki Toshi Ken - Bingo Keniki)

Tel: #7119 or 082-246-2000 ❖ Telephone lines open 24 hours/day.

■ **Children's Emergency Medical Hotline (Kodomo no Kyūkyū Denwa Sōdan)**

Tel: #8000 or 082-555-8870

- ❖ Telephone lines available nightly 365 days a year from:
 - 7 pm-8 am (Monday to Friday)
 - 5 pm-8 am (Saturdays, Sundays, national/public holidays, 12/29 to 1/3)

 **Afterhours Emergency Medical Centers**

Afterhours Emergency Medical Centers will provide afterhours treatment to those with minor injuries. Call them before you visit.

Senda-machi Afterhours Emergency Medical Center (Senda-machi Yakan Kyūbyō Sentā)

Tel: 082-504-9990

Address: 3-8-6 Senda-machi, Naka-ku

Departments: Internal medicine for ages 15 or older, ophthalmology (eye doctor), orthopedic surgery and surgery (injuries)

Hours: 7:30 pm-10:30 pm

Closed: 12/31-1/3

Kabe Afterhours Emergency Medical Center (Kabe Yakan Kyūbyō Sentā)

Tel: 082-814-9910

Address: 2-1-38 Kabe-minami, Asakita-ku

Department: Internal medicine for ages 15 or older

Hours: 7 pm-10:30 pm

Closed: Sundays, national holidays, 12/31-1/3

 **Don't wait to see a doctor**

The following situations are ALWAYS a medical emergency! Call 119 immediately.

- Breathlessness, difficulty in breathing
- Slurred speech
- Sudden numbness, weakness in the arms or legs on one side of the body

Inquiries: Medical Services Policy Division (*Iryō Seisaku Ka*) Tel: 082-504-2178

