

If necessary you are entitled to the services of a language interpreter. Please inform us about your requirement for an interpreter upon scheduling your visit. The health care personnel will then arrange for an interpreter from an interpreting agency.

## **If you become sick**

You are welcome to contact Kronoberg County Council if you have any questions after falling sick or injuring yourself.

### **Ring 112 in emergency situations**

Ring SOS Alarm on 112 in the event of life-threatening diseases or injuries. SOS Alarm is mannes round the clock. They can advise you while you wait for an ambulance to arrive.

### **Ring 1177 for health care advice**

You can ring the emergency medical centre at any time. You can talk to experts who can answer all your questions. You can find out whether you can do anything to relieve your ailment or whether you need to contact a nurse, doctor or hospital emergency unit.

### **If you fall sick during the day**

The primary health care centre is staffed by personnel who know how to treat most diseases. Good advice is sufficient in some cases, but on other occasions you may require a doctor's appointment.

Your doctor at the primary health care centre can arrange specialist care at a hospital if this is required.

### **If you fall sick during the evening, at night or on a weekend**

Ring the emergency medical centre in the event of emergencies during the evening, at night or at weekends when your primary health care centre is closed. Always ring the emergency medical centre prior to visits.

Ljungby – opening hours: Mon-Fri 17-21, Sat-Sun 8-21 tel: 0372-58 51 00

Växjö- opening hours: Mon-Fri 17-21, Sat-Sun 8-21, tel: 0470-58 78 00

## **Self-care**

Quality of life is all about your health and feeling good. We need to deal with our thoughts and feelings in order to feel good about ourselves as well as taking care of our body. Our relationships with other individuals are important, as is our ability to make good decisions that affect our lives. In fact this may be about our ability to have a sense of meaning in our lives, regardless of our individual situation. You can find out more about the good life on the County Council website.

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### **Self-care book**

The self-care guide contains advice and tips about what you can do yourself to minimise or cure simple ailments. The book also helps you decide whether you need to contact the health care services. You can get your free copy at hospital receptions and at the County Council health care units. You can also order a copy via the County Council website.

The self-care guide in CD format can also be ordered by calling: 0470-58 85 56.

**[www.1177.se](http://www.1177.se)**

At the [1177.se/Kronoberg](http://www.1177.se/Kronoberg) website you can read more about diseases, examinations and self-care. Here you can also find patient information, contact addresses, e-services and news about Kronoberg County Council.