

您感冒或患有流感了吗？还是回家途中扭伤了脚？这些病情不列为紧急病况，不必到医院的急诊室求医。您可以到临近的全科医疗诊所或向您的家庭医生求诊。

医院的急诊室 (A&E) 和紧急护理中心 (UCC) 是专为应付有严重紧急病况的患者。这些紧急病况 (例如：中风、心脏病发或重伤) 可导致严重的医疗并发症或死亡。

您可到邻里诊所或向您的家庭医生求诊及治疗以下一般常见的疾病：

- 喉咙不适
- 发烧
- 一般感冒的症状例如伤风、流鼻涕
- 耳痛
- 以上所列症状已维持超过三天

✗ 一般的感冒症状并不列为紧急病况，您不必到医院的急诊室或紧急护理中心求诊。

劳损或扭伤所导致的迹象：

- 稍微疼痛
- 瘀青
- 浮肿

✗ 劳损或扭伤并不列为紧急病况，您不必到医院的急诊室或紧急护理中心求诊。

头晕及呕吐与其症状：

- 轻微的腹部疼痛
- 泻肚

如果想费有以下的病状，请立即到医院的急诊室或紧急护理中心求诊：

- + 脱水
- + 剧烈头疼
- + 头部严重受伤

以上所列的病状并不是按照严重性排序的，也不是完整的病状列表。欲知更多有关一般常见疾病的详情，或想进一步了解如何治疗这些病况，请游览 <https://www.nuhs.edu.sg/Care-in-the-Community/Living-Well/gp-partners/Pages/GPFirst.aspx>。

为一般常见的疾病，您可到临近的全科医疗诊所或向您的家庭医生求诊。如果为您看诊的医生认为有必要把您转介至医院的急诊室 (A&E) 或紧急护理中心 (UCC)，您将享有 \$50 的急诊看诊津贴。

如需咨询，请拨打热线 6908 2222。



欲知更多详情，请扫二维码获取所有参与 GPFirst 的邻里医疗诊所。

附带条件：

- GPFirst 计划适用于国立大学医学组织机构群集包含但不限于黄廷方综合医院和国立大学医院的急诊部和亚历山大医院的紧急护理中心 (不包括国大医院儿童急诊部) 以及有参与 GPFirst 计划的邻里诊所。
- GPFirst 适用于所有居住在新加坡的居民，包括永久居民及外国人。
- GPFirst 转诊介绍表仅在签发之日当天有效。如果转诊介绍表是在接近午夜时发出，介绍表便最晚在次日凌晨 0200 前有效 (即在 2200 至 0000) 并建议患者立即到急诊室就诊。
- 在急诊室或紧急护理中心登记时，患者必须把正本的转诊介绍表，连同身份证、护照、工作准证交给登记处的工作人员 (如适用)。

以上的资讯及内容在打印期间 (2022年11月) 全属正确。

GPFIRST
YOUR FAMILY DOCTOR, YOUR FIRST STOP



Visit your **GPFIRST**
for immediate medical advice

NUHS
National University
Health System

National University
Hospital

Ng Teng Fong
General Hospital

Alexandra
Hospital

Are you suffering from a cold or flu? Or did you have a sprain on your way home? Your family doctor or General Practitioner (GP) can treat these conditions.

The hospital's Accident & Emergency (A&E) department and Urgent Care Centre (UCC) should be used only for serious emergencies that require immediate medical attention (e.g. stroke, heart attack, serious injuries) to prevent serious medical complications or death.

You can see a GP for these mild-to-moderate symptoms:

- Sore throat
- Fever
- Flu-like symptoms of cold and runny nose
- Earache
- Symptoms that persist for more than 3 days

✗ There is no need to visit the A&E / UCC for a cold or flu.

Strains or sprains with the following symptoms:

- Mild to moderate pain
- Swelling with no deformity
- Bruises

✗ There is no need to visit the A&E / UCC when you have a strain or sprain.

Nausea and vomiting with the following symptoms:

- Mild to moderate pain in the abdominal area
- Diarrhoea

However, visit the A&E / UCC immediately if you have:

- + Signs of dehydration
- + Severe headache
- + Suffered a head injury

The list above is not in order of severity, nor is it exhaustive. For more knowledge on mild to moderate conditions and how you can treat them, visit <https://www.nuhs.edu.sg/Care-in-the-Community/Living-Well/gp-partners/Pages/GPFirst.aspx>

Make visiting a GP your first stop for mild to moderate symptoms. In the event that your doctor decides that you need a referral to the A&E / UCC, you will be given a **\$50 subsidy** off the prevailing A&E / UCC charges.

For general enquiries, please call **6908 2222**.



Scan the QR code for our full list of NUHS GP Partners.

Terms and Conditions:

- The GPFirst Programme is applicable only to NUHS Cluster of Institutions which includes but not limited to Ng Teng Fong General Hospital ("NTFGH") and National University Hospital ("NUH") A&E departments, and Alexandra Hospital ("AH") Urgent Care Centre (excluding NUH Children's Emergency).
- The GPFirst is applicable to all residents living in Singapore including PRs and foreigners.
- The GPFirst referral form is valid only on the day of issue, and up to 0200 hrs of the following day if the referral form is issued close to midnight (i.e., between 2200 to 0000 hrs). Patients are advised to visit the A&E/UCC (as applicable) without delay.
- The original GPFirst referral form must be produced together with the patient's NRIC/passport/work permit pass during registration at the A&E/UCC (as applicable).

All information is valid at the time of printing (November 2022).



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立即到临近的 **GPFIRST**
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