



English

HEALTH GUIDE

for People with immigration history in the city of Wolfsburg



This health guide is available in several languages.

It can also be found at
www.wolfsburg.de

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Stadt Wolfsburg

Integrationsreferat

Porschestraße 49

38440 Wolfsburg

Tel. 05361 282-672

E-Mail: integrationsreferat@stadt.wolfsburg.de

Geschäftsbereich Soziales und Gesundheit

Porschestraße 49

38440 Wolfsburg

Tel. 05361 282-135

E-Mail: soziales@stadt.wolfsburg.de

Layout

Stadt Wolfsburg -Integrationsreferat

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This health guide provides up-to-date information on the health care system in Germany, on important preventive health check-ups and on what to do in medical emergencies.

In Germany, health care is provided on the basis of a health insurance system.

If you seek asylum in Germany, you initially are not medically insured. To remedy this situation, your health care is ensured by German public agencies providing you with a medical treatment voucher when you have to see a doctor. These agencies are, among others, the social services or public health departments. The health care services encompass treatment by a doctor or by a dentist as well as any necessary protective vaccinations and preventive check-ups that are required from a medical point of view.

As a rule, a medical treatment voucher is valid only for a short period of time. It is issued by the city administration Wolfsburg, Social and Health Division, when you are ill and is to be presented to the doctor.

Health insurance

Germany has a compulsory health insurance scheme including free choice of the health insurance provider. Normally, employees are covered by a statutory health insurance fund, or, if their income exceeds certain limits, they can opt for private insurance. Recipients of unemployment benefit I or II, or of social welfare benefit normally remain insured with their previous health insurance provider. The monthly insurance premium due is computed on the basis of the person's income and the general contribution rate levied by the person's insurance fund. Under certain circumstances, spouses who are not gainfully employed, and children and young adults under 25 are co-insured in the compulsory health insurance scheme, free of charge.

The electronic health care card replaces the medical treatment voucher and allows you to directly see your doctor without having previously to obtain a voucher from the agencies.

Every family member has a **healthcare card (Gesundheitskarte)**. All relevant data such as full name, date of birth and insurance number are recorded on the card. If you give your consent, your personal medical data will be stored on the card including your blood type, and any allergies and/or chronic illnesses. The health care card must be kept in a safe place and be presented at your first visit in each quarter of the year. The doctor will send his/her bill to your health insurance.

In addition to paying for medical and hospital care, the health insurance policy also covers the cost of prescribed medicines, prostheses, preventive health checkups, rehabilitation measures and cures. You will be asked to make a 10 percent **co-payment (Eigenanteil)** towards most medical services (minimum € 5, maximum € 10).

In the event of hospitalisation your co-payment will be € 10 a day for a maximum of 28 days per year, children and young people under the age of 18 are exempt.

Children and young people under the age of 18 are also exempt from co-payments for prescription medicines and appliances (e.g. hearing aids). For children and young people under 18 spectacle lenses will be paid for at the contract price, and the same applies to children up to the age of 14 even if there is no change in prescription (e.g. including a pair of sports glasses for school sport).



Sample healthcare card (front)



Pattern of health care card (reverse)

Pharmacies

In Germany, you buy drugs and surgical dressings at the pharmacy. There you obtain both drugs that are obtainable without prescription and drugs for which prescription is needed. For drugs which are only available on prescription, you need a doctor's prescription.

The pharmacists also counsel you on questions relating to your health.

In addition to the regular openings hours, the pharmacies also offer emergency service during the night and on weekends and public holidays. Information as to which pharmacy is open 24 hours is published in the local press or is put up on the pharmacies' doors.

This is a blank German prescription form. It features a large box for the patient's name and date of birth (geb. am). To the right, there are fields for the date of issue (Bezugsdatum) and the pharmacy number (Apotheken-Nummer / IK). Below these are fields for the total gross amount (Gesamt-Brutto) and a table for drug details with columns for drug name (Arzneimittel-/Hilfsmittel-/Heilmittel-Nr.), factor (Faktor), and tax (Taxe). A large area is reserved for the doctor's prescription (Rp.) with a note to strike through empty spaces. At the bottom right, there is a line for the doctor's signature (Unterschrift des Arztes).

This is a filled-out German prescription form. It includes the patient's name and date of birth. Insurance information is provided, including the insurance number (Versicherungsnummer) and personal number (Personennummer). The date of validity (Karte gültig bis) and the date of issue (Datum) are also present. A stamp for PKVH (Private Krankenversicherung) is visible, with the number 0723749A05151. The doctor's signature line is also present.

This is a filled-out German prescription form with additional insurance details. It includes the insurance carrier (Krankenkasse bzw. Kostenträger) and the insured person's name and date of birth. It also contains the insurance recognition (Kostenträgererkennung), insurance number (Versicherten-Nr.), and status (Status). A stamp for bbbf (Berufsgenossenschaftliche Bundesversicherungsanstalt für Angestellte) is present, along with the date of issue (Abgabedatum) and the pharmacy number. A stamp for the contract doctor (Vertragsarztstempel) is also visible. The number 0723749004 is printed at the bottom.

Pattern of prescription



Pharmacies in Wolfsburg

Adler-Apotheke	Saarstr. 4	38440	WOB	Englisch, Italienisch
Apotheke am Hoffmannhaus	Westerstr. 6	38442	WOB	Englisch, Französisch
Apotheke am Klinikum	Sauerbruchstr. 13	38440	WOB	Englisch, Türkisch, Französisch
Bären-Apotheke	Reislinger Str. 16	38446	WOB	Russisch, Englisch
Drömling-Apotheke	Amtsstr. 7	38448	WOB	Englisch, Russisch
Flora-Apotheke	Schlesierweg 22 c	38440	WOB	Polnisch, Englisch
Galerie Apotheke	Porschestr. 45	38440	WOB	Englisch, Kurdisch, Türkisch, Russisch, Rumänisch, Italienisch
Hansa-Apotheke	Hansaplatz 12	38448	WOB	Russisch, Kurdisch, Englisch, Spanisch
Heidgarten-Apotheke	Meins 8-	38448	WOB	Russisch, Englisch
Mohren-Apotheke	Rothe Meiner Str. 23	38440	WOB	Englisch
Neue Apotheke	Detmeroder Markt 11	38444	WOB	Türkisch, Russisch, Arabisch, Englisch
Olympia-Apotheke	Kaufhofpassage 5/7	38440	WOB	Albanisch, Englisch, Türkisch, Russisch
Osterloh-Apotheke	Westerstr. 23	38442	WOB	Englisch, Italienisch, Russisch
Phönix-Apotheke	Schachtweg 27	38440	WOB	Englisch, Französisch
Phönix-Apotheke Ehmen	Mörser Straße 53	38442	WOB	Englisch, Russisch
Phönix-Apotheke-real,-	Brandgehaege 9	38444	WOB	Englisch, Russisch
Porsche-Apotheke	Porschestr. 41 E	38440	WOB	Englisch, Russisch
Reislinger Apotheke	Gerta-Overbeck-Ring11	38446	WOB	Englisch., Russisch, Italienisch
Spitzweg-Apotheke	Mörser Str. 49	38442	WOB	Englisch, Französisch
Stadt-Apotheke	Porschestr. 40	38440	WOB	Englisch, Russisch
Widukind-Apotheke	Goethestr. 59 a	38440	WOB	Englisch
Wolf-Apotheke	Brandenburger Platz 5	38440	WOB	Englisch, Russisch

*) These languages are spoken by the staff.

Consulting a doctor

Diagnosis and subsequent treatment of a sickness are normally the task of doctors who operate their own practice or work together with other doctor colleagues in a group practice. These doctors are called "resident physicians". They also write prescriptions for drugs and can refer their patients to a hospital for further treatment.

Resident physicians charge their services to the Social Services Department or to a statutory health insurance company. The patients may also pay themselves for the treatment by a doctor. Please bear in mind that in this case you have to bear the costs yourself and that the amounts you have paid directly to the doctor cannot be refunded afterwards.

Physicians have to comply with their medical secrecy obligations. They must not disclose the information entrusted to them to other parties. Particular infectious diseases such as tuberculosis and salmonella must be reported to the Health Care Department. Only in this way will it be ensured to prevent infectious diseases from spreading. This report does not affect the asylum procedure.

In Germany, a distinction is made between family physicians and medical specialists. (General) practitioners are always - but in some cases also internists are - family doctors. As a rule, you should first see a family doctor who will refer you to a specialist, if necessary.

For simple conditions such as colds, pain, indisposition accompanied by vomiting or diarrhoea you should see your family doctor. For some conditions it will, however, be reasonable to directly see a specialist, for example for undefined abdominal bleeding; in such a case, women should directly see a gynaecologist. In the case of eye injuries, you have to directly see an eye specialist, and if you have a painful tooth, a dentist. The same holds for children who in most cases are treated by a children's doctor.

If you cannot contact your doctor during the night, on weekends or on Wednesday afternoons, you may contact the medical emergency service, telephone number 05361 19292, Sauerbruchstrasse 7, 38440 Wolfsburg.

Patients can choose the doctor whom they trust. They can change their Doctor at the end of each quarter. However, it is recommended that patients have a **family practitioner (Hausarzt)**.

This is usually a general practitioner or a specialist in common internal medicine or, in the case of children, a paediatrician. Family practitioners make the initial diagnosis. They are familiar with the patient's medical history, and, if need be, may refer the patient to a specialist.

In this case the family practitioner will write out a **referral (Überweisungsschein)**:

Please make an appointment before consulting a doctor. Please cancel the appointment if you cannot keep it.

Important:

- **Health card (Gesundheitskarte)** which is proof of insurance coverage for doctor's visits, dental appointments or for hospital care.
- **Referral (Überweisungsschein)** for specialist.
- **Maternity pass book (Mutterpass)** for pregnancy.
- **Vaccination certificate booklet (Impfbuch)** and **preventive health checkup book (Kinderuntersuchungsheft)** for paediatricians.

If you are looking for a physician who speaks additional languages apart from the German language please take a look at

<http://www.arztauskunft-niedersachsen.de/arztsuche/index/action>

Hospital

You will be treated in a hospital only if treatment by a resident physician is not sufficient.

As a patient, you can choose the hospital where you want to be treated. For a hospital treatment (hospitalization), contact your doctor or the doctor treating for a briefing.

Krankenkasse bzw. Kostenträger
Privat/Hallesche-Nationa

Name, Vorname des Versicherten
Mustermann
Glaser Strasse 14
D 38448 Wolfsburg

geb. am
12.12.01

Nur bei medizinischer Notwendigkeit zulässig
 Belegarzt-
behandlung Notfall
 Unfall,
Unfallfolgen Versicherungs-
sachen (BVÜ)

Nachversicherung, geeignete Krankenkasse

Diagnose

Vertragspartner / Unterschrift des Arztes

Die Kostenverpflichtungserklärung gegenüber dem Krankenhaus bleibt der Krankenkasse vorbehalten; deshalb bitte diese Verordnung vor Aufsuchen des Krankenhauses der zuständigen Krankenkasse vorlegen.
Geschieht das nicht, so kann die Kostenübernahme durch die Krankenkasse abgelehnt werden; es sei denn, es liegt ein Notfall vor, und ein Leistungsanspruch besteht.

Vom Krankenhaus auszufüllen:
Krankenhausaufnahme erfolgte am
(Tag)

Stempel des Krankenhauses und Unterschrift

Dieses Formular wurde mittels Livetracker in der Android-App
Der Barcode enthält keine auf dem Formular nicht lesbaren Daten

Stempel: 02/11/2014
K21-PFV-346

Krankenkasse bzw. Kostenträger
Privat/Hallesche-Nationa

Name, Vorname des Versicherten
Mustermann
Glaser Strasse 14
D 38448 Wolfsburg

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Nur bei medizinischer Notwendigkeit zulässig
 Belegarzt-
behandlung Notfall
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sachen (BVÜ)

Nachversicherung, geeignete Krankenkasse

Diagnose

Vertragspartner / Unterschrift des Arztes

Bitte dem Patienten gesondert mitgeben!
Untersuchungsergebnisse

Behandlung Maßnahmen (z. B. Medikation)

Fragestellung/Hinweise (z. B. Abgang)

Mögliche Befunde

Dieses Formular wurde mittels Livetracker in der Android-App
Der Barcode enthält keine auf dem Formular nicht lesbaren Daten

Stempel: 02/11/2014
K21-PFV-346

Ausfertigung für den Krankenhausarzt! Vertraulich!

Admission into Hospital

Go to the hospital without being referred only in case of emergency!

All costs for the stay and the treatment in the hospital will be taken over by your insurance. You as a patient have to pay a **contribution (Eigenanteil)** of € 10 per day for a maximum of 28 days per calendar year.

Information about Klinikum Wolfsburg by www.klinikum.wolfsburg.de.

Emergency Ambulance

In case of medical emergency, you will receive emergency care at the Wolfsburg Clinical Centre 24 hours a day.

What is to be done in case of acute emergency?

Every illness and injury which is so severe that it must be medically treated without delay constitutes a medical emergency. This may be a fracture of the leg, strong bleedings, breathing troubles, poisoning or sudden unconsciousness.

If you consider a situation to be life-threatening, you should immediately call the ambulance. In case of emergency, request help by telephone by calling **number 112**. Whether fixed line or mobile, you can reach this number throughout Germany without area code. Describe the type of emergency as precisely as possible.

The following information is of importance:

Where did it happen?

What happened?

How many people are injured or ill?

Which are the injuries/illnesses?

Wait for queries!

In case of poisoning, immediately call the **Emergency Poison Centre on 0551 19240!** End the call only when all important questions as to the type of emergency have been clarified!

Medical emergencies are, for example:

- acute breathing troubles
- acute chest pain
- acute abdominal pain
- acute dizziness
- accident and injury
- complications during pregnancy
- acute mental disorder
- acute suicide risk
- poisoning
- allergic shock
- consciousness disorder or coma

In these cases, you should directly request help by calling an emergency service, an emergency centre or a physician.

The motorways are equipped with **emergency phones** which connect you directly to the Rescue Coordination Centre, i.e. you do not dial a telephone number but only operate a lever. On the emergency call points the precise location is indicated.



Wolfsburger Notrufe

Notrufe in der Stadt Wolfsburg	emergency numbers for the city of Wolfsburg	numeri d'emergenza per la città di Wolfsburg	Вызов службы экстренной помощи в городе Вольфсбург	مكالمات الطوارئ في مدينة فولفسبورغ	Gazîkirina tengasiyê li bajarê Wolfsburg ê	
Polizei	police	polizia	Полиция	شرطة	Polîs	110
Feuerwehr/ Rettungsdienst/Notarzt	fire brigade / rescue service / emergency doctor	vigili del fuoco / ambulanza / guardia medica	Пожарная и спасательная службы / Скорая помощь	إطفاء الحرائق / خدمة الإنقاذ / الإسعاف	Agirtêrandin, xelaskirin, bijîşkê di tengasiya de	112
Giftnotruf	poison emergency number	numero d'emergenza veleni	Экстренный вызов в случае отравления	مكالمات الطوارئ عند التسمم	Gazîkirina tengasiyê dema jehrîketinê	0551 19240
Ärztlicher Notfalldienst	emergency service	guardia medica	Телефон экстренной медицинской помощи	الطبيب المناوب	Bijîşkê şevder	05361 19292
Klinikum Wolfsburg	hospital of the city of Wolfsburg	ospedale della città di Wolfsburg	Больница города Вольфсбург	مشفى مدينة فولفسبورغ	Xestexana bajarê Wolfsburg ê	05361 80-0
AWO Psychiatriezentrum	psychiatric centre	centro psichiatrico AWO	Психиатрический центр AWO	مركز آفو للعلاج النفسي	Sentera AWO ji bo nexweşiyên saykolojî	05353 90-0
Gesundheitsamt	local public health department	ufficio d'igiene	Ведомство по здравоохранению	دائرة الصحة	Fermangehatendurustiyê	05361 28-2020
Sozialpsychiatrischer Dienst und Krisendienst	Social-psychiatric service and crisis service	servizio social-psichiatrico e servizio crisi	Социальная психологическая служба и кризисная служба	الخدمة النفسية الاجتماعية وخدمة الحالات الطارئة	Xizmeta civakîya saykolojî û ya dema krîzan	05361 28-2040

Sick leave

Employees who need to take sick leave must inform their employer and see a doctor.

After the third day of an employee's sick leave, a doctor's certificate must be provided to the person's employer. This **certificate of temporary disability (Arbeitsunfähigkeitsbescheinigung)** states the dates of the beginning and anticipated end of the temporary disability due to the person's illness. This certificate must be provided to the person's employer and to her/his health insurance company by the 3rd calendar day of the person's sick leave.

Certificate of temporary disability.....

.....for the insured

.....for submission to the health insurance

.....for the employer

Pregnancy

Pregnant women should see their gynecologist on a regular basis from the beginning of the pregnancy. The doctor supervises the pregnancy and the development of the unborn child. This supervision includes examinations on a regular basis (e. g. blood tests, urine tests and ultrasound examinations), preparation for the birth, delivery and postnatal care. The gynecologist will issue a **mother's passport** providing all important information about the pregnancy.

Pregnant women should always keep their mother's passport on them so that they and their unborn children can be helped more easily in emergency situations. The mother's passport must be presented at every visit to a doctor, a hospital or a dentist. There are many drugs and some examinations which are not advisable for pregnant women.

The deliveries are supervised by midwives and by doctors. Midwives are important contact persons also before and after the birth.



Cover of maternity pass book

<p>Name: _____ Vorname: _____ geb. am: _____ Wohnort: _____</p> <p>Bei Namensänderung: Name: _____ Wohnort: _____</p> <p>Laboruntersuchungen und Rötelschutz</p> <p>Blutgruppenzugehörigkeit (s. auch Seite 2) ABO _____ Rh pos. (D pos./Rh neg. (D neg.)) _____ Rh positiv bzw. Rh negativ eindeutig eintragen</p> <p>Diese Eintragungen erbinden den behandelnden Arzt nicht von seiner Sorgfaltspflicht (z.B. Kreuzprobe)</p> <p>Datum der Untersuchung: _____ Protokoll-Nr. des Laboratoriums: _____</p> <p>Antikörper-Suchtest negativ <input type="checkbox"/> positiv, Titer 1: _____</p> <p>Röteln-Impfung Nachweis über zwei erfolgte Röteln-impfungen liegt vor: ja <input type="checkbox"/> nein <input type="checkbox"/></p> <p>Röteln-Antikörpertest negativ <input type="checkbox"/> positiv, Titer 1: _____ bzw. <input type="checkbox"/> E/m: _____ Immunität anzunehmen ja <input type="checkbox"/> nein <input type="checkbox"/></p> <p>Datum der Untersuchung: _____ Protokoll-Nr. des Laboratoriums: _____ ggf. ergänzende serologische Untersuchungen: _____</p> <p>18 Stempel des Arztes Unterschrift des Arztes</p>	<p>Alter _____ Jahre Gewicht vor SS-Beginn _____ kg Größe _____ cm Gravida _____ Para _____</p> <p>A. Anamnese und allgemeine Befunde/Erste Vorsorge-Untersuchung (s. auch Seite 5)</p> <p>1. Familiäre Belastung (z.B. Diabetes, Hypertonie, Fehlbildungen, genetische Krankheiten, psychische Krankheiten) ja <input type="checkbox"/> 1. nein <input type="checkbox"/></p> <p>2. Frühere eigene schwere Erkrankungen (z.B. Herz, Lunge, Leber, Nieren, ZNS, Psycho) ggf. welche <input type="checkbox"/> 2. <input type="checkbox"/></p> <p>3. Blutungs-/Thromboseerregung <input type="checkbox"/> 3. <input type="checkbox"/></p> <p>4. Allergie, z.B. gegen Medikamente <input type="checkbox"/> 4. <input type="checkbox"/></p> <p>5. Frühere Bluttransfusionen <input type="checkbox"/> 5. <input type="checkbox"/></p> <p>6. Besondere psychische Belastung (z.B. familiäre oder berufliche) <input type="checkbox"/> 6. <input type="checkbox"/></p> <p>7. Besondere soziale Belastung (Integrationsprobleme, wirtsch. Probleme) <input type="checkbox"/> 7. <input type="checkbox"/></p> <p>8. Rhesus-Inkompatibilität (bei vorangegangenen Schwangerschaften) <input type="checkbox"/> 8. <input type="checkbox"/></p> <p>9. Diabetes mellitus <input type="checkbox"/> 9. <input type="checkbox"/></p> <p>10. Adipositas <input type="checkbox"/> 10. <input type="checkbox"/></p> <p>11. Kleinwuchs <input type="checkbox"/> 11. <input type="checkbox"/></p> <p>12. Skelettonomalien <input type="checkbox"/> 12. <input type="checkbox"/></p> <p>13. Schwangere unter 18 Jahren <input type="checkbox"/> 13. <input type="checkbox"/></p> <p>14. Schwangere über 35 Jahren <input type="checkbox"/> 14. <input type="checkbox"/></p> <p>15. Vielgeborene (mehr als 4 Kinder) <input type="checkbox"/> 15. <input type="checkbox"/></p> <p>16. Zustand nach Sterilisationsbehandlung <input type="checkbox"/> 16. <input type="checkbox"/></p> <p>17. Zustand nach Frühgeburt (vor Ende der 37. SSW) <input type="checkbox"/> 17. <input type="checkbox"/></p> <p>18. Zustand nach Mangelgeburt <input type="checkbox"/> 18. <input type="checkbox"/></p> <p>19. Zustand nach 2 oder mehr Fehlgeburten/Abbrüchen <input type="checkbox"/> 19. <input type="checkbox"/></p> <p>20. Totgeborenes Kind in der Anamnese <input type="checkbox"/> 20. <input type="checkbox"/></p> <p>21. Komplikationen bei vorausgegangenem Entbindungen ggf. welche <input type="checkbox"/> 21. <input type="checkbox"/></p> <p>22. Komplikationen post partum ggf. welche <input type="checkbox"/> 22. <input type="checkbox"/></p> <p>23. Zustand nach Sectio <input type="checkbox"/> 23. <input type="checkbox"/></p> <p>24. Zustand nach anderen Uterusoperationen ggf. welche <input type="checkbox"/> 24. <input type="checkbox"/></p> <p>25. Rasche Schwangerschaftsfolge (weniger als 1 Jahr) <input type="checkbox"/> 25. <input type="checkbox"/></p> <p>26. Andere Besonderheiten ggf. welche <input type="checkbox"/> 26. <input type="checkbox"/></p> <p>Nach ärztlicher Bewertung des Kataloges A liegt bei der Erstuntersuchung ein Schwangerschaftsrisiko vor <input type="checkbox"/></p> <p>Beratung der Schwangeren</p> <p>a) Ernährung (u.a. Jodzufuhr), Medikamente, Genussmittel <input type="checkbox"/></p> <p>(Alkohol, Tabak und andere Drogen)</p> <p>b) Tätigkeit/Beruf, Sport, Reisen <input type="checkbox"/></p> <p>c) Risikoberatung <input type="checkbox"/></p> <p>d) Geburtsvorbereitung/Schwangerschaftsgymnastik <input type="checkbox"/></p> <p>e) Krebsfrüherkennungsuntersuchung <input type="checkbox"/></p> <p>f) Zum HIV-Antikörpertest <input type="checkbox"/></p> <p>g) Zur Zahngesundheit <input type="checkbox"/></p> <p>21</p>
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Maternity pass book with all relevant data

Children's health checkups

For each newborn child, women receive a planner with a schedule of all health checkups for their baby. In this planner all health checkups for children and young people up to their 14th year are recorded. Here is a checklist :



Health checkup planner for babies

Examination	Age of baby/ child
U 1	Immediately after babys birth
U 2	3rd-10th day of baby's life
U 3	4th-5th week
U 4	3rd-4th month
U 5	6th-7th month
U 6	10th-12th month
U 7	21st-24th month
U 7a	34th-36th month
U 8	46th-48th month
U 9	60th-64th month
J 1	13th-14th year

The health insurance companies will pay for newborn hearing screening at the maternity clinic or at the doctor's surgery.

It is of vital importance that you take your baby/child to the routine **health checkups (Vorsorgeuntersuchungen)**. In this way, any health conditions can be detected at an early stage.

Standard vaccinations (Impfungen) help protect babies and children against some dangerous illnesses. Parents concerned about any side effects of these injections should consult their paediatrician.

The health checkups and the standard vacciantions are free of charge.

Health Care Department

The Health Care Department is part of the public health care system whose tasks are defined by law. Its main tasks are infection protection and the hygiene control of the population.

In addition, the Health Care Department offers the following information and counselling services:

- counselling as regards tuberculosis
- consulting hours for HIV (tests and counselling)
- health care service for children and adolescents
- examination and expert services for public authorities
- consulting hours (travel medicine)
- dental services

For detailed information and contact data, see

<http://www.wolfsburg.de/leben/sozialesgesundheit/gesundheit>

Social psychiatry

The Sociopsychiatric Service offers assistance in mental crises and in the case of chronic mental illness. Not only the persons concerned but also their relatives, friends, acquaintances and workmates can contact the Sociopsychiatric Service.

This department is composed of a specialist physician for psychiatry and psychotherapy, a psychiatrist for children and adolescents as well as of social workers and social pedagogues and a curative educator. The members of the department are bound by the rules of professional secrecy. Consulting is free of charge.

For detailed information and contact data, see

<http://www.wolfsburg.de/newsroom/2015/02/12/19/27/sozialpsychiatrischer-dienst>

The psychiatric hospital responsible for Wolfsburg is the

AWO Psychiatriezentrum

Vor dem Kaiserdom 10

38154 Königslutter am Elm

Tel.: 05353 90-0

E-Mail: poststelle@awo-apz.de

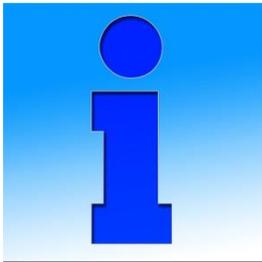
Dental checkup

Adults should undergo an annual or preferably a six-monthly routine dental checkup; children aged 6–17 should have sixmonthly routine dental check-ups, even if they do not have any pain.

The subsidy for dentures may be increased if evidence is provided of the routine checkups (bonus booklet).

Children and young people between the ages of 6 and 18 will be offered a free **personal dental prophylaxis (Individual prophylaxe)** at the dental practice. Besides a thorough cleaning of the teeth, they are given information about correct brushing and fluoride treatment for the teeth. In addition any remaining molars are sealed to prevent caries.

Dental hygiene, especially regular tooth brushing, is as important as routine dental checkups. For further information about dental care, please consult your dentist.



BERATUNGSSTELLEN

donum vitae Wolfsburg

staatlich anerkannte Schwangeren und Schwangerenkonfliktberatungsstelle
für geflüchtete Frauen

(Daniela Opitz opitz@donumvitae.org)

Goethestr. 54

38440 Wolfsburg

Tel. 0 53 61-2 72 98 94

Email: wolfsburg@donumvitae.org

http://wolfsburg.donumvitae.org/Wir_sind_donum_vitae_Wolfsburg_Schwangerenberatung

Diakonisches Werk des Kirchenkreis Wolfsburg-Wittingen

Kirchenkreissozialarbeit Süd

Flüchtlingshilfe

Alexandra Fastracht

Jenaer Straße 39 B

38444 Wolfsburg-Westhagen

Tel.: 05361 8918141

Email: fluechtlingsarbeit.wolfsburg@evlka.de

http://www.kirche-wolfsburg-wittingen.de/dienste/diakonie/kirchenkreissozialarbeit_sued

Stadt Wolfsburg - Geschäftsbereich Soziales und Gesundheit

Beauftragte für die Belange behinderter Menschen

Susanne Deimel

Porschestraße 49

38440 Wolfsburg

Tel. 05361 28-2908

Email: susanne.deimel@stadt.wolfsburg.de

<http://www.wolfsburg.de/leben/sozialesgesundheit/behinderung>

Ehe-, Familien- und Lebensberatung der Evangelischen Kirche

Laagbergstr. 50

38440 Wolfsburg

Tel: 05361 13162

Email: lebensberatung@wolfsburg.de

<http://www.lebensberatung-wolfsburg.de/index.html>

Stadt Wolfsburg – Gesundheitsamt

HIV- Sprechstunde (Test und Beratung)

Rosenweg 1a

38446 Wolfsburg

Tel. 05361 28-2020

Email: gesundheitsamt@stadt.wolfsburg.de

<http://www.wolfsburg.de/leben/sozialesgesundheit/gesundheitsamt>



BERATUNGSSTELLEN

Aids-Hilfe Wolfsburg e.V.

Kleiststraße 13
38440 Wolfsburg
Tel. 05361 1 33 32
Email: aids-hilfe@wolfsburg.de
<http://www.aidshilfe-wolfsburg.de/>

AWO-Familienberatungszentrum Wolfsburg

Beratung zu Familienplanung, Schwangerschaft,
Geburt, Säuglings- und Kleinkindberatung
Bebelstraße 9
38440 Wolfsburg
Tel. 0 53 61 2 75 93 13
Email: fbz@awo-bs.de

Caritas Wolfsburg e.V.

Beratungsstelle für Schwangere und Familien
Antonius-Holling-Weg 8
38440 Wolfsburg
Tel. 05361 89009-20
Email: schwangerenberatung@caritas-wolfsburg.de

Diakonisches Werk Wolfsburg e.V.

Suchtberatungsstelle

Fachstelle für Sucht und Suchtprävention
Nordsteimker Straße 3
38446 Wolfsburg
Tel. 05361 501 1800
suchtberatung@diakonie-wolfsburg.de

Dialog e.V.

Fachstelle bei häuslicher Gewalt
Fachberatung bei sexuellem Missbrauch für Frauen und Männer
Mädchentreff – Rote Zora
Goethestraße 59
38440 Wolfsburg
Tel. 05361 8912300
Email: dialog@wolfsburg.de
<http://www.dialog-wolfsburg.de/>



BERATUNGSSTELLEN

Ehe-, Familien- u. Lebensberatung der Kath. Kirche

Kleiststr. 27
38440 Wolfsburg
Tel.: 05361 25325

Ev. Familienbildungsstätte (Fabi)

Im Haus der Kirche
An der Christuskirche 3a
38440 Wolfsburg
Tel. 05361 89333-10
Email: info@fabi-wolfsburg.de
www.fabi-wolfsburg.de

pro familia Schwangerenberatung

Stormhof 2
38440 Wolfsburg
Tel. 05361 25457
Email: wolfsburg@profamilia.de

Stadt Wolfsburg, Abteilung Prävention

Koordination Frühe Hilfen, Koordination Familienbegleitung,
Babybesuchsdienst und Elternschule
Birte Neitzel
Neuhäuser Straße 9, 38448 Wolfsburg
Tel. 05363 81303630
Mobil: 0151 54648107
Email: birte.neitzel@stadt.wolfsburg.de
www.wolfsburg.de/fruehehilfen

Jugend- und Drogenberatung Wolfsburg

Lessingstr. 27
38440 Wolfsburg
Tel. 0 53 61 27 90 0
Email: info@drogenberatung-wolfsburg.de
<http://www.drogenberatung-wolfsburg.de/kontakt>

Stadt Wolfsburg -Sozialpsychiatrischer Dienst

Rosenweg 1a
38446 Wolfsburg
Tel. 05361 28-2040
Email: sozialpsychiatrischerdienst@stadt.wolfsburg.de

Quellennachweis

- Hygientipps

Mit freundlicher Genehmigung und Unterstützung der
Bundeszentrale für gesundheitliche Aufklärung (BZgA)
Maarweg 149-161
50825 Köln

Weitere Abbildungen zu beispielsweise Übertragungswegen und Hygientipps
finden Sie auch im BZgA-Angebot unter

<http://www.infektionsschutz.de/mediathek/infografiken/>

- Formularmuster – Wolfsburger Arztpraxis

- Bilder <https://pixabay.com/de/>

- Textquellen

„Ratgeber Gesundheit für Asylsuchende in Deutschland“,
Bundesministerium für Gesundheit (Hrsg.)

Task Force Migration und Gesundheit

Referat Z24 „Migration, Integration, Demografie und Gesundheit“

11055 Berlin

Stand Februar 2016 (2. Auflage)

- „Gesundheitswegweiser -

Migrantinnen und Migranten im Landkreis Darmstadt-Dieburg“

Kreisausschuss des Landkreises Darmstadt-Dieburg (Hrsg.)

Interkulturelles Büro

Jägertorstraße 207

64289 Darmstadt

und

Kreiskliniken Darmstadt-Dieburg

Krankenhausstraße 11

64823 Groß-Umstadt

Stand November 2014