



METROPOLITAN SYDNEY

Refugee Health Nurse

Information for Community Members

Welcome to the NSW Refugee Health Service. Taking care of your health is important. Starting a new life in a new country will be easier when healthy.

Your first contact with the health system here in New South Wales may be with a **Refugee Health Nurse**. These are specially trained nurses who can help you to get appropriate health care.

You and your family may have had health checks before travelling to Australia, or since arriving. However, the immigration check only tests for certain diseases.

The Refugee Health Nurse will offer you a free health check. Health checks can improve your health after you arrive in Australia and may find health problems you were not aware of.

The health check-up may take one hour or more and may include:

- questions about your physical and emotional health
- blood pressure and other checks
- organising a blood test
- arranging vaccinations if needed.

When you see the nurse, you should bring:

- any medicines you are taking
- any vaccination records you have
- any other documents you have about your health or your family's health
- your Medicare card or number (if you have one)
- your Health Care Card (if you have one).

The Refugee Health Nurse can arrange a professional interpreter to help give you the best health care.

All information will be kept confidential. Whatever you tell the nurse will not affect your residency status in Australia.

You may need to see the Refugee Health Nurse more than once. Case workers can help you to get to the appointments.

After your health check-up, the Refugee Health Nurse will help you find a family doctor (General Practitioner or GP) close to where you live. The nurse may also refer you to other health services that can help you and your family, such as the dental clinic, women's health centre or children's health services.

To make an appointment with a Refugee Health Nurse or to get more information, please contact us. If you need an interpreter to speak with us you can call TIS on 13 14 50.

If you want to make an appointment with a Refugee Health Nurse or if you want to get more information about what services they offer, please contact:

NSW Refugee Health Service

Phone:

(02) 8778 0770

Email:

refugeehealth@sswahs.nsw.gov.au



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