



Health Care Brochure

In this folder you will find general information about Swedish health care facilities and contact information.

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In case of emergency

Fire, police or ambulatory assistance:
Sweden's emergency number **112**

In case of emergency dial the Swedish emergency number 112 (free of charge) for assistance. On calling, you are expected to give detailed information about what has happened and where, your name and address, the nature of the accident and the number of people who need help. Based on this information, they determine what kind of assistance will be provided (ambulance, police or fire department).

Emergency at KTH

Call **08-790 7700** (the KTH Alarm number) if there is an emergency situation at KTH.

KTH alarm number **08-790 7700**

Health care advice

“Health Care Guide” hotline:
1177

The health care guide has an official hotline that provides advice on medical problems and guidance to medical care 24 hours/day every day. The first thing to do if you fall ill or have had an injury is to call 1177.

You will be given options (in Swedish) when calling:

Press 1: for general information about health care and contact information

Press 2: for health care advice about children

Press 3: for health care advice concerning yourself or another adult

A nurse will answer the phone in Swedish (all nurses speak English). The nurse will guide you further on about how and where to get help closest to where you live.

On their website you can find more information about finding your way around the health care system in Sweden: www.1177.se > Other Languages > English > Find the Right Health Care

Providers of health care in Sweden

Pharmacy (Apotek)

Swedish pharmacies handle prescription drugs as well as hygiene products. Antibiotics and certain medicines cannot be bought without a doctor's prescription. Prescriptions are handled electronically. If you have been prescribed medication ask for the nearest pharmacy with prescription services at the doctor's office.

Health Centre (Vårdcentral)

Health centres are open weekdays during the day for advice and visits. Some are also open in the evening. Book an appointment by calling the reception. You may have to leave your number on an automatic voicemail and they will call you back. Some facilities accept drop-in visits for minor injuries for example, infections etc., at certain hours. You need to register at a health care clinic after you receive your personnummer. You can do this through 1177.se, or manually with a form you send to the health centre of your choice. All health visits for children, except for emergency care, are free. In Sweden, people don't have regular check-ups, they seek out care when they feel they need it.

Local Emergency Unit (Närakut)

When the health centre is closed and you cannot wait until the following day you can receive help at a local emergency unit (närakut). The unit treats the same kinds of illnesses and complaints as the health centre. Always call before a visit to get advice or to book an appointment. Call the health care guide hotline to consult a nurse if you need help to decide how urgent your condition is.

Emergency Care at Hospital (Akutmottagning)

Emergency care units at hospitals are intended for the badly injured and seriously ill. Accident and emergency departments are open 24 hours a day. If you are not considered an emergency case, other patients will be prioritized and the wait may be long. If you do not need urgent care you generally have a better chance of seeing a doctor rapidly if you book an appointment at the local emergency unit.

Costs

SEK 200 – 400 per visit for those with a Swedish personal number or with a the European Health Insurance Card

SEK 1825 - 2300 per visit for non-EU/EEA those without a Swedish personal number, save your receipts!

Important to remember

- Call in advance to get an appointment at a health care centre!
- Cancel the appointment in advance if you cannot go! Otherwise, you will be charged.
- Ask in advance for the price of your visit and treatment.
- Register at the most convenient health care centre once you get your personnummer.

Health care facilities in Sweden

Pharmacy

Advice and treatment for minor health issues

Headache, cold & cough, allergic reaction, insect bites, fever, dry or red eyes, stomach problems etc

If you have been prescribed medication ask for the nearest pharmacy at the doctor's office, all prescriptions are electronic

Health centre

For illnesses or problems that are not urgent or life-threatening

Sore throat, urinary infection, allergy, dizziness, backache, chronic illness, etc

You need to call to make an appointment. Drop-in visits for minor urgencies e.g. infections and injuries at certain hours

Local emergency unit

Treatment for minor injuries and illnesses when the Health centre is closed

Medical conditions that require urgent attention but are not life threatening

Usually open on weekdays 17-22 and weekends 8-22. Call before a visit to get advice or an appointment

Emergency care at hospital

Emergency treatment only

Serious or life threatening illnesses and injuries

Emergency care units are intended for the badly injured and seriously ill. Patients will be prioritized by their condition

Dental Care

Dental care is expensive in Sweden regardless of whether you choose a public or private provider. The cost is more or less the same with or without a Swedish personal number or EU Health Insurance Card (EHIC). Check if your insurance covers emergency dental treatment (the EHIC only covers a minor part of the cost). In most cases, insurance only covers emergency treatment (e.g. infections).

If you need treatment beyond what is considered an emergency you have to cover the costs yourself. Make sure to ask in advance how much the dental treatment will cost before the procedure begins. Generally, you pay the dental treatment yourself and then contact your insurance company for reimbursement. Save any receipts and find out what your insurance covers beforehand.

For a complete list of public dental health care facilities in Stockholm, check the Public Dental Service's website www.folktandvardenstockholm.se. You can purchase dental insurance through Folktandvården for a monthly fee. They first make an assessment of your dental health.

Cancel at least 24 hours in advance or you will be charged for the booked time.

Emergency Dental Care

Below you will find examples of dental clinics open 7 days a week. Please note that the prices listed below are general estimates. Costs vary depending on what treatment you need. For information about a dentist on-call contact the 'Health Care Guide' hotline: **1177**.

CityAkuten Tandvård

Visiting address: Olof Palmes gata 13A, 4th fl.

Metro: Hötorget (green line)

Call 08-58009900 to make an appointment or book online.

<http://www.ptj.se/ptjdental-tandakutencity/>

City Dental i Stockholm AB, Norrmalm

Visiting address: Drottninggatan 27

Metro: T-Centralen, exit: Sergels Torg (any metro line)

Phone: 08-20 06 80, Drop-in appointments are also possible.

<http://www.citydental.se/>

Tandjouren (Emergency dental care until midnight)

Visiting address: S:t Eriksgatan 53 B

Metro: Fridhemsplan (green or blue line) Bus: 1, 3, 4

Phone: 070-400 50 51. Appointments up until 24:00.

<http://www.tandjouren.se/>

Folktandvården Akut

Visiting address: Fleminggatan 48

Metro: Fridhemsplan (green or blue line) Bus: 1, 3, 4

Phone: 08-123 156 80. This is a 'drop-in' clinic, you do not need to book an appointment.

www.folktandvarden.se

Health and well-being

KTH is concerned about your well-being. Besides spending time in the classroom or labs, it is important to maintain good health. Sport activities, socializing, nutritious food and good sleep are all important factors for your general well-being.

Avonova

Through KTH and the occupational health care provider, Avonova, you can receive counseling from a doctor, nurse or a social counselor. They can also direct you to other health services when necessary. The staff is bound by professional confidentiality and the first three visits are completely free. More information can be found on:

<https://intra.kth.se/en/anstallning/arbetsmiljo/foretagshalsovard1/foretagshalsovard-1.614940>

Campus chaplaincy

The campus chaplain is available to speak to anybody about anything and everything, and the conversation will remain confidential. You will simply be welcomed and listened to. The chaplains can also help put you in contact with other faith traditions if you wish to talk to someone of your own faith.

For more information visit: <https://www.kth.se/en/student/studentliv/kropp-sjal/studentprasterna-pa-kth-1.38370>

Sexual and reproductive health

Both women and men can turn to reproductive health clinics with queries and complaints relating to sexuality and health. The clinic tests and treats patients with problems related to sexually transmitted diseases such as chlamydia, herpes, HIV, syphilis etc. No referral is needed and the testing and treatment are free of cost. Drop-in for testing of sexually transmitted diseases is available at certain hours. Other appointments need to be booked in advance.

Stockholms mottagning för sexuella hälsa (Stockholm clinic for reproductive health)

Visiting address: Danderyds Sjukhus, Mörbygårdsvägen
Main entrance, house 18, green zone, elevator C (hiss C), 4th floor
Metro: Danderyds Sjukhus (red line)
Phone: 08-123 405 00
<https://www.stockholmsexuellhalsa.se/>

If you have a personal number, and you need to seek out health care for pregnancy or birth control, you should contact your local Modravårdscentral, or women's health clinic. You can either get a recommendation from your local Health care centre or vårdcentral, or search on www.1177.se > Hitta vård to find one in your area. Many have drop-in times certain days of the week.

Women are called in for testing for gynecological pap test/cell specimens once every three years. If you receive a personal number, you may receive a notice about this soon after. More information can be found here:

<https://tinyurl.com/trx3ac>

Mental Health

Norra Stockholms psykiatri

Visiting address: S:t Görans sjukhus, Vårdvägen 5

Phone: 08-123 400 00, Mon-Fri: 8:00-17:00 <http://norrastockholmspsykiatri.se/>

The team consists of experienced psychiatric staff. Ask about English speaking staff if you are not comfortable with speaking Swedish.

If you are in need of emergency counseling, support and advice, you can call the emergency team on the phone: 08-123 492 00, Mon-Fri: 8:00-22:00.

Children's Health Care

If you have children who have personal numbers in Sweden, they will have access to the children's health care program in Sweden. If you have children who are not enrolled in school yet, you should turn to your local Children's Health Centre, Barnavårdscentral, which is usually connected to your local Health Centre, or vårdcentral. The Barnavårdscentral is responsible for healthy child check-ups and vaccinations. Once your child is enrolled in school, the school nurse at the school will continue to follow the vaccination program and scheduled check-ups for your child. Both the Barnavårdscentral and the school nurse will perform hearing and eye tests at regular intervals.

If your child is sick, and you need to seek out health care, you should turn to the Health Center (Vårdcentral) or Local Emergency Unit (Närakut). The Barnavårdscentral and the school nurse will not take appointments for sick children. Below you will find listed the closest Barnavårdscentral to the apartments KTH Relocation rents out to newly arrived families.

It is important you register with a health clinic after you receive your personnummer, so you can contact the health clinic when you or your family gets sick. You need to register your children separately. Please see our website, www.kth.se/relocation. To search for a health clinic, see www.1177.se.

Barnavårdscentral

Spånga

Solhemsvägen 10, Tensta Tel: 08-12342782

<https://bvc.sll.se/har-finns-vi/spanga-tensta/>

Vasastan, Stockholm

Döbelnsgatan 56, Tel: 08-123 429 90

<https://bvc.sll.se/har-finns-vi/johannes/>

Poison control center

For emergencies, call 112

For other questions, call: 010-4566700

<https://giftinformation.se/>

Astrid Lindgren Children's hospital (at Karolinska hospital in Solna)

08-51770000

<https://www.karolinska.se/for-patienter/astrid-lindgrens-barnsjukhus/>