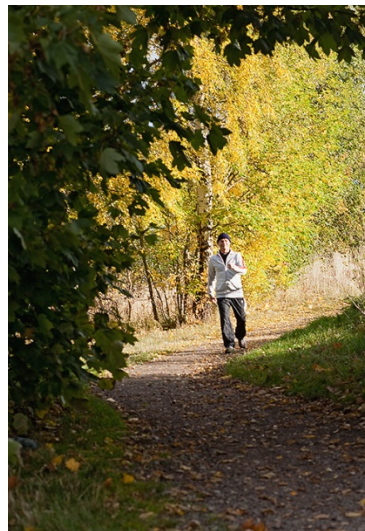




# Health Care in Jönköping County

# *“For a Good Life in an Attractive Region”*



# How to Seek Health Care

Call 1177  
or visit 1177.se



Contact your  
Health care center



Accident and  
Emergency – Call 112



# Call 1177 or visit 1177.se

**Often, some good advice is all that is needed!**

- By calling 1177, you will get advice from a nurse about what you can do yourself, and where to go if you need care. 1177 is open 24 hours a day, 7 days a week.
- 1177.se has information about what you can do yourself to help you feel better and speed up your recovery.



# 1177.se – Your Health Care Portal

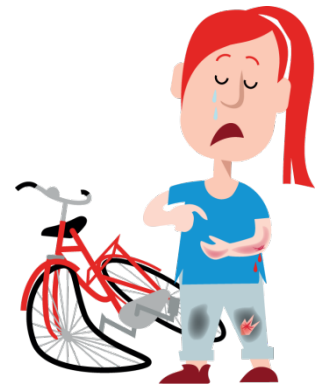
- Thousands of articles about health care, symptoms, diseases, tests, treatments and drugs
- Contact information to all clinics in Sweden
- Themes, movies and personal stories
- Ask 1177 - anonymous questions answered by doctors



# Health Care Centre

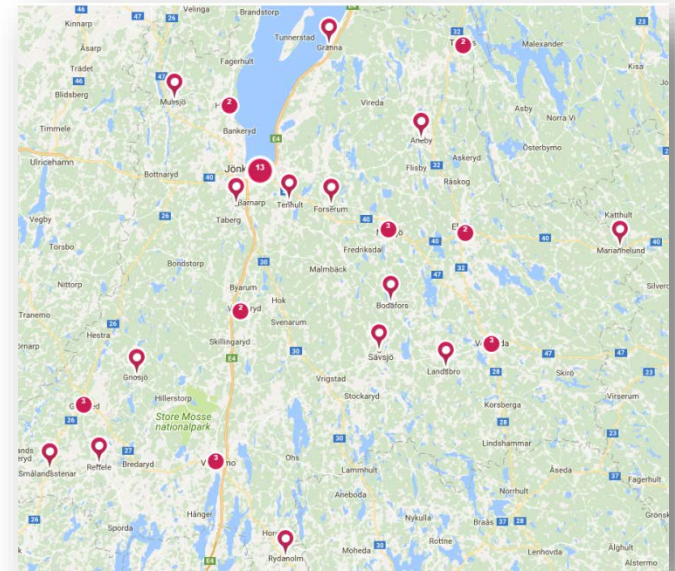
## Health care center - Your first choice for minor injuries and illnesses

- Health care centre staff are experienced and have knowledge of most injuries and illnesses. If necessary, you will be referred to a hospital.
- When the health care centre is closed, you can access the county's three evening and weekend open centres (jourcentraler).
- A visit to the health care center costs 250 SEK



# 47 Health Care Centres in Jönköping County

- You don't need a referral to visit a health care center.
- All 47 health centres are approved by Region Jönköping County.
- You can find contact information at [1177.se](http://1177.se)



# Accident and Emergency - 112

## Care in serious and lifethreatening situations

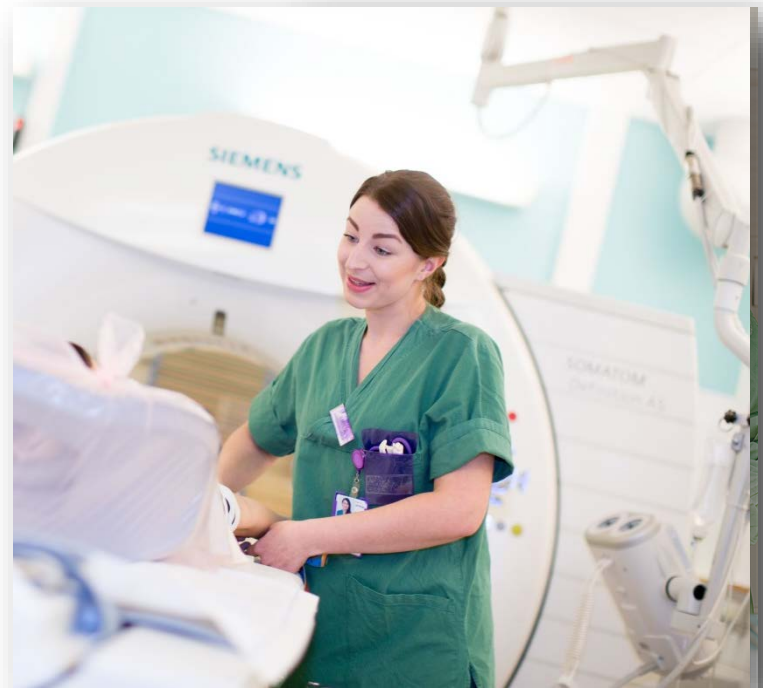
- If you are seriously ill or have been seriously injured, you can seek help at an accident and emergency department. There is an accident and emergency department at every hospital in Jönköping county.
- Call for an ambulance by dialling **112** if you or someone else needs immediate emergency care.





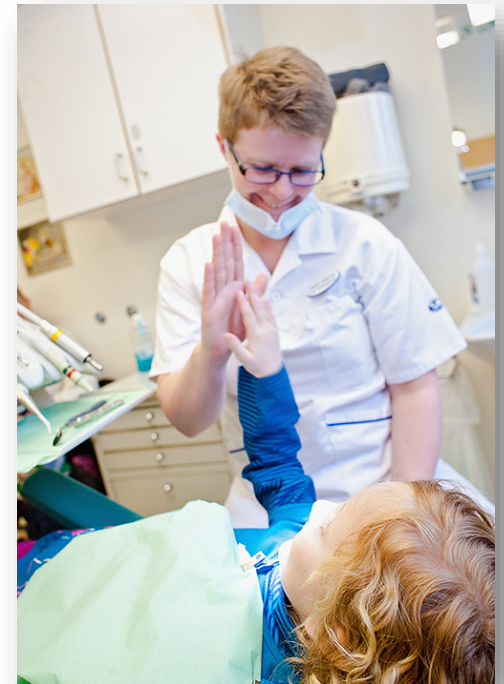
# 3 Hospitals in Jönköping County

- Högländssjukhuset Eksjö
- Länssjukhuset Ryhov
- Värnamo sjukhus
  
- You can find contact information at [1177.se](http://1177.se) or call 010-241 00 00 if you need to contact a clinic in the hospital.



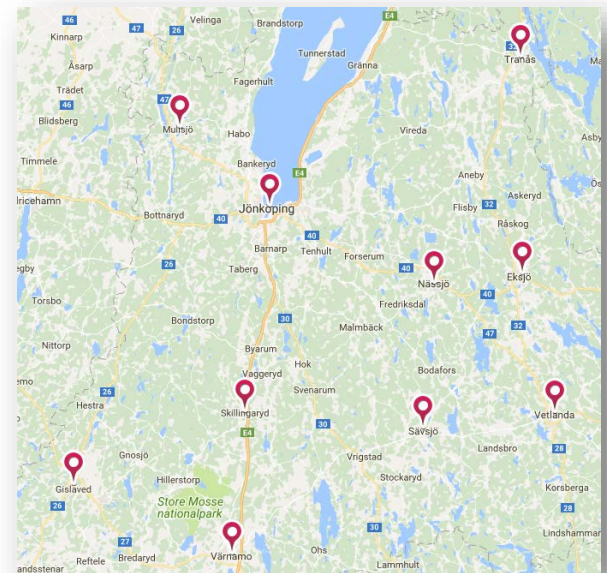
# Dental Care

- Public and private dentists offer general dental care for children and adults. You find contact information to all dental clinics at [1177.se](http://1177.se)
- In case of emergency dental problems, call your dental clinic. In case of emergency serious jaw and dental damage, evenings, nights and weekends call 1177.



# Youth Clinics in Jönköping County

- Youth clinics is for boys and girls between 13 and 21 years old.
- At the youth clinic, no question is too small. You may have thoughts about the body, alcohol and drugs, contraception, pregnancy, sexually transmitted diseases or relationships.
- You can find contact information at [1177.se](http://1177.se) or [UMO.se](http://UMO.se)



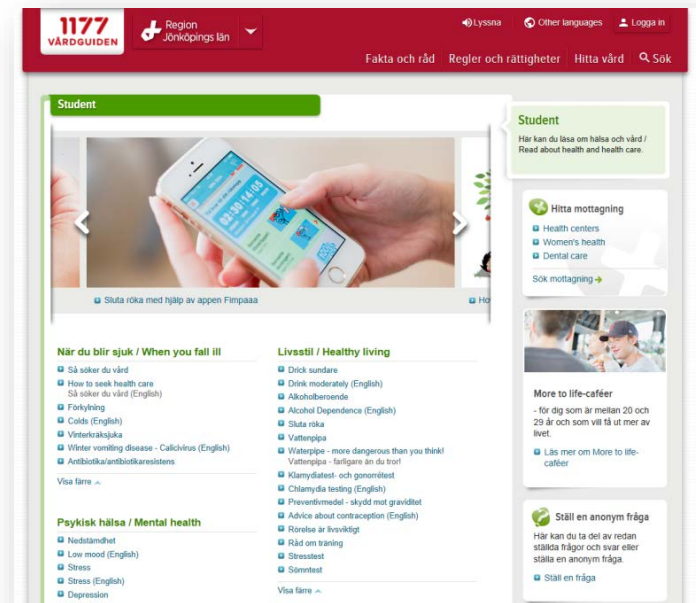
# UMO / Youmo – Youth Clinic Online

- UMO.se and Youmo.se are for youth 13 to 25 years.
- You will find information about your body, sex and health. You can also read about equality, your rights and how you can find help to improve your well-being.
- Ask UMO – anonymous questions answered by professionals.



# Theme for Students at 1177.se

- **When you fall ill** – How to seek health care, cold, vomiting disease
- **Healthy living** – physical activity, diet, sleep, moderately drinking and smoking,
- **Mental health** – stress, deression and anxiety
- And much more...



# So, if you feel sick

Call 1177  
or visit 1177.se



Contact your  
Health care center



Accident and  
Emergency – Call 112



# More information

## **Health Care:**

Health advice by phone: 1177

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

## **Region Jönköping County:**

Contact center: 010-241 00 00

Website: [www.rjl.se](http://www.rjl.se)

