

Health Care in China

Pharmacies

Some pharmacies have a bilingual medical directory or some staff that speaks a few words of English.

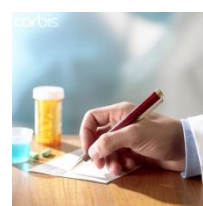


Many Chinese medications have the drug's generic name in English on their box, but the directions and precautions may be in Chinese. When you do find the medication you need, make sure to take the box with you the next time you visit the pharmacy in order to make the process easier for yourself.

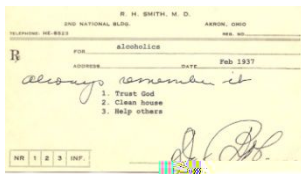
You can also pick up medications at hospitals and foreign clinics, although these charge more. Foreign clinics will often carry imported medications that you are used to from home, but you'll pay much more for these than you would at home. On the other hand, many common Chinese medications sell for just a few dollars.

Prescriptions in China

Getting a prescription works pretty much the same in China as in any other country. You need to get a prescription



paper from your doctor and take it to the pharmacy to purchase your medication. Chinese pharmacies will not recognize any prescriptions from abroad. If you have a prescription from your home country, you need to take it to a Chinese doctor and get a new Chinese prescription.



Some prescriptions that you may have been taking at home might not be available in China, so bring a stock of your needed drug with you and make sure that you keep the original prescription paper in case you are stopped by customs.

How to Cover Your Medical Cost in China

You are not required to have health insurance in China, but if you don't want to risk your health and your financial well-being, you should definitely make sure that you are covered for medical treatments in China.

For many foreign workers, health insurance will be offered through your company. Though expatriate insurance plans are often costly, they also

offer an extended safety net, which is well worth the price.

At CAUC, we will buy the Comprehensive commercial insurance from PingAn Insurance Company for our foreign teachers and students.

How to see a doctor in China?

It is never nice to fall sick or ill in a strange country. What happens if you do and need to seek medical help? Let us provide you with some useful medical advice and tips and how to seek medical help or assistance in China.

The Chinese medical system comprises mostly of public and private hospitals. Small and personalized clinics are still uncommon. Big cities in China like Beijing and Shanghai have hospitals, clinics and dentists established for foreigners.

Many of them are a part of local hospitals. Most hospitals in China practice the Western medical treatment system while a good percentage practices Traditional Chinese medicine (TCM). Increasingly, a large percentage of hospitals also practice a mixture of Western and Chinese medicine. Some can offer a full range of medical services such as

operations, check-ups and in-patient facilities while other smaller clinics may simply be able to diagnose the symptoms of minor ailments.



Common health tips when travelling to China

The best method to avoid seeing a doctor is not to fall ill.

- Bring some common medicines you use at home, and keep them in your bag just for emergency.
- When travelling, get plenty of rest and sleep.
- Drink plenty of fluid, but in China, try to avoid drinking directly from

the water tap. Drink from bottled drinks and always boil the water if your only choice is the tap.

— Always eat in a restaurant that has plenty of customers. Avoid restaurants that do not have customers and certainly avoid street stalls.

Source: <http://www.foreignercn.com>