

HEALTH CHECKS ON ARRIVAL IN AUSTRALIA

Background

- Many people coming to Australia have had poor access to health care overseas.
- Health problems may be due to poor diet, living conditions and unclean water.
- People may also have emotional health issues from war, loss of family and friends, and human rights abuses.

Pre-travel health checks

- Some people have had medical checks before arrival, and may have been tested for HIV, tuberculosis and other conditions like malaria.
- Some people may also have worm treatment, and vaccination for measles, mumps and rubella.
- Pre-travel health checks are often done many months before travelling, and it is possible to develop a health problem after getting the results. For this reason, some tests may be repeated after you arrive in Australia.

Why have a health check after you arrive in Australia?

- It is an important step in improving your health on arrival in Australia, as it may detect health problems you were not aware of.
- If any illness is found, you will be offered treatment if needed.
- The health worker can refer you to specialist clinics for further advice, or to services such as women's health, dental and eye health, and counselling.

What the health check involves

The health check may take up to one hour or more, and may include the following:

- Questions about your health
- Physical check up
- Collecting blood, urine and faeces specimens
- Vaccinations.

The health worker may ask if you have any problems that might be related to experiences prior to your arrival. There are specialised services that can help you cope with these issues.

Sometimes you may need more than one visit to the clinic or doctor's office.

What should you bring with you?

- Medicare card, or number, if available
- Vaccination records and information about your medical history.

What happens after the health check?

The health worker may ask you to come back when the test results are ready. This is so that treatment and follow-up can be arranged if needed.

Confidentiality

- Health checks are free and confidential, and do not affect your residency status in Australia.
- All results are confidential, and cannot be given to people who are not involved in your health care without your permission. Health workers are not allowed to discuss your medical problems with anyone, apart from other health care workers involved in your care.

Interpreters

If English is not your first language, an interpreter can help you to speak with health care workers and get the best health care. Please ask the health worker to book an interpreter, or to call the **Telephone Interpreter Service** on **131 450**.

Further information is available from