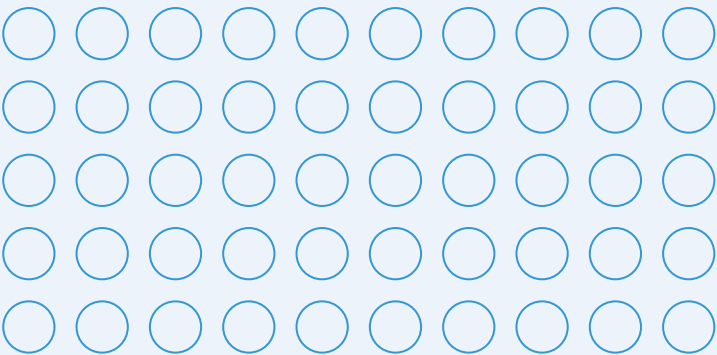

My Health Booklet Companion



Dear Ukrainian friends, welcome to Poland!

We want you to stay well and healthy and make it easy for you to check your health status, get the right care and treatment and prevent ill-health through the best protective measures.

My Health Booklet Companion will help you do so by providing information about:

- Available healthcare services in Poland 3
- Useful phrases to use when you talk to a health professional 4
- Useful pictograms for when you need to describe your symptoms or pain you feel 5
- Health tips to stay healthy and safe in a new country 7

Keep this booklet with you and use it as your companion to always stay well and healthy.

In case of an emergency, please call the numbers below:

Emergency number	112
Emergency / medical ambulance services	999
Police	997
Fire brigade	998
Polish Red Cross (for missing relatives/friends)	22 32 61 261 22 32 61 624

Health Services and Care

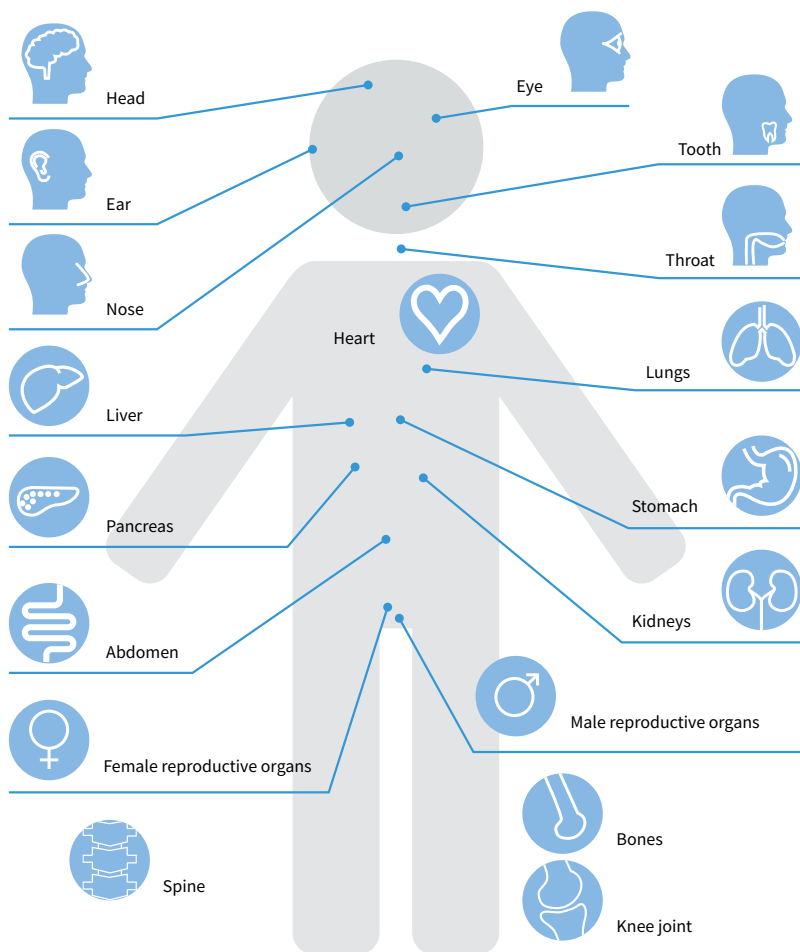
Services	QR code*	Languages
If you arrived from Ukraine to Poland after 24 February 2022, you need a PESEL (personal ID number) to access health services and/or visit a doctor in Poland free of charge.		 
NFZ (Narodowy Fundusz Zdrowia) helpline for Ukrainian citizens to find a family doctor or a specialist: <ol style="list-style-type: none"> 800 190 590, free, open 24/7 800 137 200, free, open between 18:00-8:00 every day and 24 hours during weekends and national holidays 		 
If your family doctor refers you to a specialist, you need to schedule an appointment yourself: <ul style="list-style-type: none"> Find the closest specialist by calling the NFZ helpline (800 190 590) or by selecting a specialist online by scanning the QR code 		
To receive psychological services, please call: <ol style="list-style-type: none"> 800 70 22 22 for adults 		
<ol style="list-style-type: none"> 800 12 12 12 for children 		
For COVID-19 vaccination, please call: 989		 

*Please note, that the availability of services in different languages may change

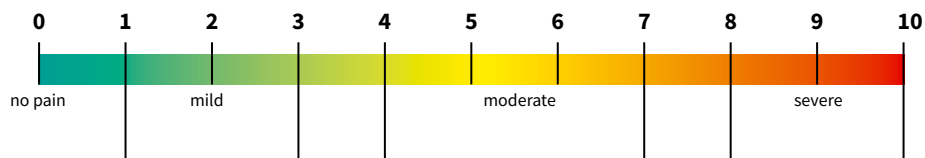
Useful Phrases

I need a doctor
I feel sick / I don't feel well
I am pregnant
I am having an allergic reaction
I'm having difficulty breathing
I feel dizzy
I am diabetic
I need insulin
I have athlete's foot
I have vaginal yeast infection (thrush)
I was raped
I have cancer / tuberculosis / HIV
I need a medicine prescription
I need to continue my treatment
My child is sick
My child has a sore throat / cough
My child needs vaccination
My child has head lice
I want to get COVID-19 vaccination
I need a psychologist
I don't have appetite / I overeat
I don't understand, I need a translator
I don't understand, I need a sign language translator
I give / do not give my consent

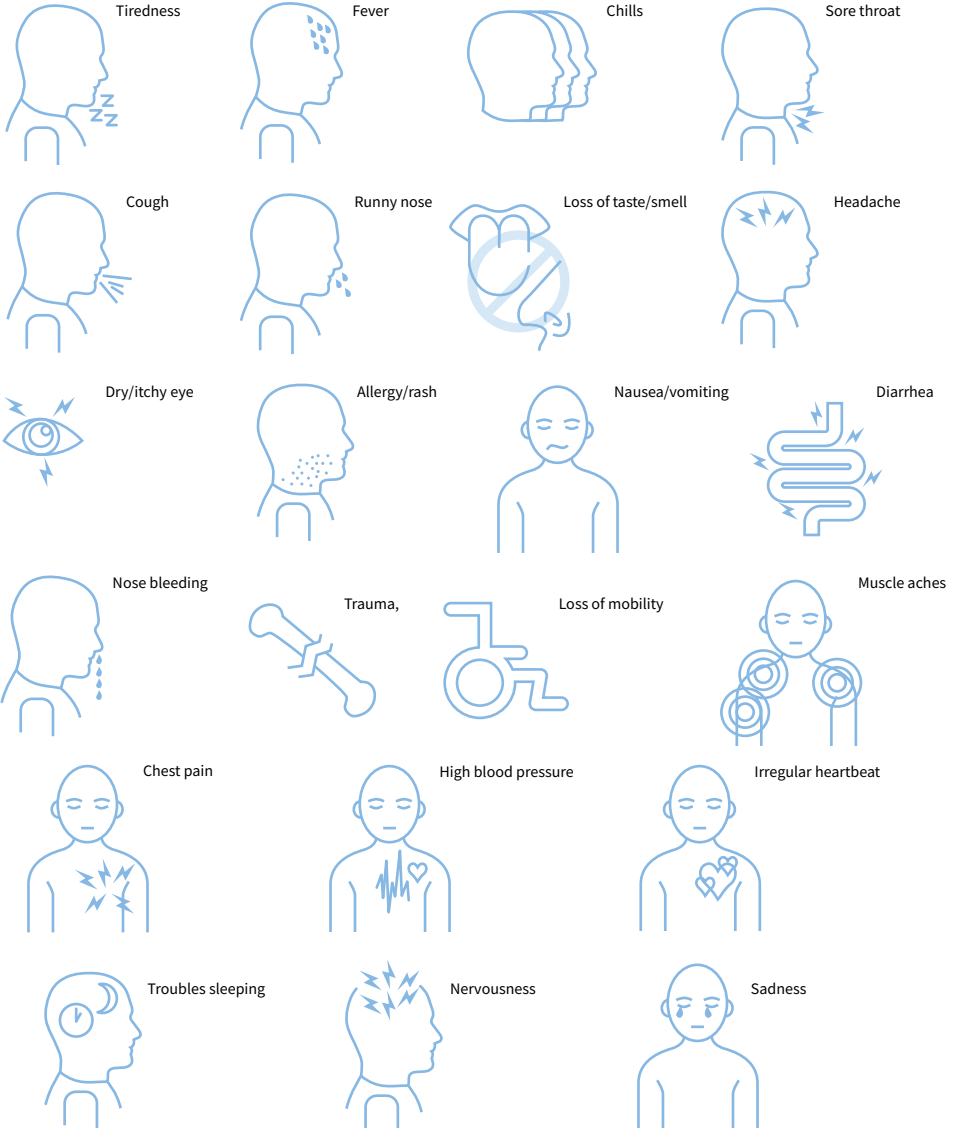
Where is the problem?/ Where does it hurt?



How much pain do you feel?



What symptoms do you have?



My Health Tips

Introduction

Health tips and advice

The following pages offer tips and advice on different health topics that will help you to stay healthy in the current situation. Staying healthy in body and mind is the best thing you can do for yourself, your loved ones, and the communities hosting you in their country.

Be kind to yourself and others

It may be difficult or even impossible to follow these tips in the current situation. Simply try to remember them, and take a step-by-step approach, supporting others when you can.

Ask for more help if you need it

It is always a good idea to ask for help for you and your family's health. Health workers at your nearest primary health care facility or a family doctor can give you advice and refer you to specific services. If you are staying with a host family, they may also be able to tell you where you can get health services and care.

Stay well and healthy!

Content

- COVID-19 and other respiratory diseases
- Vaccination
- Mental Health and Psychosocial Support
- Nutrition
- Maternal, Newborn and Child Health

COVID-19 and other respiratory diseases

COVID-19: Get vaccinated

You are eligible for COVID-19 vaccination for free in Poland. COVID-19 vaccines are highly effective at preventing severe disease and complications. Take your full course of COVID-19 vaccinations and a booster shot if offered. This is particularly important if you are over 60 or have an underlying health condition.

Protect yourself from respiratory diseases

It is important to take measures to protect yourself and others around you:

- **Wear a mask**

Wear a mask, as required, with the best fit, protection, and comfort for you. Although it might not always be mandatory to do so, wearing a mask indoors in public in crowded, closed, or confined spaces is recommended.

- **Keep your physical distance**

Stay at least 1 meter away from others, if possible. Avoid close contact with people who are sick. Try to avoid poorly ventilated spaces and crowded, closed, or confined spaces.

- **Wash your hands often**

Wash your hands often with soap and water for at least 20 seconds or especially after you have been in a public place. You can also use a hand sanitizer that contains at least 60% alcohol, if available.

- **Cover coughs and sneezes**

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately clean your hands.

- **Monitor your health daily**

Be alert for symptoms: fever, cough, shortness of breath, or other symptoms of a respiratory disease. Contact your closest primary health care facility or a family doctor if you develop these symptoms.

- **Follow recommendations for quarantine and isolation**

If you test positive for COVID-19 or have developed symptoms, please stay at home and seek healthcare if needed.

To ask your questions on COVID-19 or other respiratory diseases, visit:

healthbuddy.plus

Vaccination

Why are vaccines important?

Vaccines help protect you, your children, and those around you from many serious infectious diseases like polio, measles, diphtheria, and tetanus. Vaccine-preventable diseases can cause severe complications, and many can be deadly. All vaccines currently available are much safer than the diseases they prevent and extremely effective.

It is very important to vaccinate children and adults with all recommended vaccines and doses, as listed in the national immunization schedules of Ukraine and your host country.

Can I receive vaccination in Poland?

Compulsory vaccinations for children are free of charge in Poland. For non-compulsory vaccinations for children and vaccinations for adults please check and discuss with your family doctor as some charges may apply. If you and your child have stayed in Poland for ≥ 3 months, vaccination according to the Polish vaccination calendar becomes mandatory for your child. Your child can receive catch-up vaccinations if they are not fully vaccinated, and your Polish family doctor or a pediatrician will devise an individual vaccination program for your child based on his/her Ukrainian vaccination records.

If you are not sure of your child's vaccination status and do not have their immunization records, your child will be treated as unvaccinated and go through the vaccination schedule from the beginning. Find out more from your closest primary health care facility or a family doctor.

What are the most serious diseases should I or my child be vaccinated against?

Some of the most serious diseases prevented through vaccination are polio, measles, diphtheria, and tetanus. In the current context in which many people are displaced and may be living in crowded conditions, it is especially important to protect you and your children with vaccination and to monitor for symptoms. This will also prevent outbreaks of polio, measles, and diphtheria in your community.

• Polio

Polio affects the central nervous system and spinal cord. Most polio infections show no symptoms during the early stages or can cause mild symptoms, such as fever and stomach pain. In severe cases they can result in potentially life-long paralysis of arms and legs and even death. There is no cure for polio. It can be prevented only by immunization.

• Measles

Measles causes a skin rash and can make a child very sick. In serious cases it may cause a high fever, pneumonia, blindness, and even death. To protect children against measles, make sure they get vaccinated. In most countries, children will get the MMR vaccine, which protects them against measles, mumps, and rubella.

- **Diphtheria**

Diphtheria is a serious bacterial infection, usually spread through coughing or sneezing. Once in the respiratory system, the bacteria produce a poison that can cause weakness, a sore throat, a fever, and swollen glands in the neck. Even with treatment, the disease can lead to serious complications, including death in approximately 10% of cases.

- **Tetanus**

Tetanus is a serious illness contracted through exposure to the spores of bacteria which live in soil, saliva, dust, and manure. The bacteria can enter the body through deep cuts, wounds, or burns. The infection may lead to long-term disabilities, chronic wound or bone infection and death, particularly if injured patients do not receive immediate care.

Mental Health and Psychosocial Support

The following technics can help you to manage your mental health if you experience stress or anxiety:

Grounding

In stressful situations, you can feel lost. Practicing grounding can help.

Grounding means slowing down and refocusing on your body and sensations. Focus on your breathing, feel your feet on the ground. Look for non-distressing things around you. What do you see? Can you describe it?

Unhooking

Learn to notice when a difficult thought or feeling has hooked your attention.

Try to notice and identify the difficult feelings and thoughts that arise with stress.

This helps you unhook from them and refocus on what you're doing right now, which can help reduce feelings of stress.

Acting on your values

You can always live by your personal values, no matter where you are or what you're doing.

Your personal values are what kind of person you want to be, like somebody who protects or who cares for others. This can provide a sense of meaning and security.

Being kind

Reach out if you notice somebody in pain and take time for yourself when you can.

Talk to someone you trust: a friend or a family member, or even someone you met during your journey in the place you are staying now. You may feel better if you are able to openly share what you are going through with someone who cares.

Making room

Difficult thoughts and feelings are painful but tend to be temporary – learn to give yourself the time to pay attention and accept them when they arise. This is called “making room.” Try to breathe into difficult thoughts and feelings, let them come, make space for them. Keep your breathing steady.

Physical Health

Taking care of your physical health helps improve your mental health and well-being. As much as you can, try to:

- Be physically active – 30 minutes of walking can be enough
- Get enough sleep
- Eat healthy

It is also okay if you can't manage these things. You're in an extremely stressful situation that anyone would find hard – you're doing the best you can.

However, if you are experiencing one or more of the symptoms below, or notice them in a loved one, friend or neighbor, please do not rely on the above self-care techniques but seek professional help:

- difficulty sleeping;
- low mood for ≥ 2 weeks;
- struggling to get out of bed in the morning because of low mood;
- changes in appetite;
- difficulties concentrating and unable to perform usual daily functions and responsibilities;
- loss of interest in things you usually find enjoyable;
- prolonged stress which may manifest itself as consistent headaches, gastrointestinal issues and even muscle pain;
- anxiety which may express itself in increased heart rate, difficulty breathing and feeling anxious nervous;
- inability to control emotions and experiencing extreme high or low moods.

Mental health services are available under Polish universal health care and can be accessed directly, without a prior referral from a family doctor. Information about available mental health services can be found on the website for patients in Poland:

<https://pacjent.gov.pl/tag/pacienti-z-ukraini>

Nutrition

A balanced and varied diet, composed of a wide range of nutritious and tasty foods, adds to your health and wellbeing.

Try to follow some of the health diet tips as often as you can:

1. Eat a variety of food, including fruits and vegetables

- Eat a mix of wholegrains, legumes like lentils and beans, fresh fruit and vegetables, nuts, and some foods from animal sources (e.g., meat, fish, eggs and milk).

2. Cut back on salt

- Limit salt intake to 5 grams (equivalent to a teaspoon) a day.
- Avoid choosing processed foods high in salt.

3. Eat moderate amounts of fats and oils

- Try to use healthier fats like olive, soy, sunflower or corn oil.
- Choose poultry and fish over red meat.

4. Limit sugar intake

- Limit intake of sweets and sugary drinks.
- Choose fresh fruits and vegetables instead of sweet snacks.
- Avoid giving sugary foods and drinks to children.

5. Drink enough water

- If safe tap water is available, it is the healthiest and cheapest drink.

6. Avoid hazardous and harmful alcohol use

- Alcohol is not a part of a healthy diet. Frequent, excessive alcohol consumption increases risk of injury as well as liver damage, cancer, heart disease, and mental illness.

Maternal, newborn and child health

Pregnancy

As soon as you know you are pregnant, seek antenatal care for emotional support and advice, medical care, vaccines including DTP, flu and COVID-19, relevant and timely pregnancy information, and nutrition advice.

Every pregnant woman in Poland should see their doctor at regular intervals as per their prescribed appointment schedule. Although you can opt out of doing so, it is recommended that you attend routine check-ups.

Know when to call the doctor

If you develop any of the following symptoms, do not wait for your next routine appointment but contact your doctor or go to the nearest hospital and/or maternity ward right away :

- vaginal bleeding or leaking of fluid;
- high fever or too weak to get out of bed;
- swelling of hands, face, and legs;
- severe headaches with blurred vision;
- severe abdominal pain;
- pain of any kind;
- strong cramps;
- heart palpitations;
- dizziness or fainting;
- decreased activity of the baby;
- shortness of breath.

Childbirth

Standard procedure in Poland is for children to be delivered in hospitals. A simple rule for when to go to the hospital for labor is the 5-1-1 rule: your contractions happen at least every 5 minutes, last for 1 minute each, and have been happening consistently for at least 1 hour.

If you are supporting a mother during childbirth, the two most important things are staying calm and keeping the mother calm:

- Take a few deep breaths and focus on the task ahead.
- Remind the mother to breathe and encourage her to pant through contractions.
- Call your health care specialist if time allows. They can talk you through delivery step-by-step and contact emergency services for you.

Once the baby is born

New parents and their newborn babies should attend regular follow-up appointments as per the schedule prescribed by their doctor.

A community midwife will also call on the new parents and newborn baby during no less than 4 visits in the first 2 months of a newborn's life. The first visit should take place no later than 48 hours after discharge from the hospital. If these visits do not happen automatically, please contact your health center and/or family doctor to notify them about the birth and discharge from hospital, as it might sometimes take a while for your records to be sent across. More information about a community midwife (in Polish only):

<https://pacjent.gov.pl/system-opieki-zdrowotnej/jakie-sa-kompetencje-poloznej-poz>

Both your body and your feelings will need time to recover from pregnancy and childbirth. Be patient and kind to yourself, try to get as much rest as you can, and ask for support whenever possible.

When to call your health care worker

If you do develop any of the following symptoms, please do not wait for your next routine appointment and/or midwifery visit but call your doctor or go to the nearest hospital / maternity ward immediately if you:

- develop a fever of $\geq 38^{\circ}\text{C}$;
- soak more than one sanitary napkin an hour, pass large clots (larger than a quarter), or if the bleeding increases;
- had a C-section or episiotomy and the incision becomes very red or swollen or drains pus;
- have new pain, swelling, or tenderness in your legs;
- have hot-to-the-touch, reddened, sore breasts or any cracking or bleeding from the nipple or areola (the dark-colored area of the breast);
- your vaginal discharge becomes foul-smelling;
- have painful urination, a sudden urge to pee, or are unable to control urination;
- have increasing pain in the vaginal area;
- have new or worsening belly pain;
- develop a cough or chest pain, nausea, or vomiting;
- have bad headaches or vision changes;
- become depressed or hallucinate, have suicidal thoughts or any thoughts of harming your baby.

Caring for a newborn child

For newborn babies (up to 28 days of life)

If your baby shows any of the following danger signs, please do not wait for your next routine appointment but call your doctor or go to the nearest hospital and /or pediatric ward immediately:

- not feeding well;
- fever (temperature > 37.5 °C);
- low body temperature (< 35.5 °C);
- convulsions;
- fast breathing (breathing rate > 60 per minute);
- severe chest in-drawing;
- no spontaneous movement;
- any jaundice in the first 24 hours after birth, or yellow palms and soles at any age;
- umbilicus (belly button) draining pus or bleeding from stump or cut.

For babies older than 28 days

If your baby shows any of the following danger signs, please do not wait for your next routine appointment but call your doctor or go to the nearest hospital/pediatric ward immediately:

- refuses to feed for multiple feedings in a row;
- has diarrhea and vomits more than usual;
- has a cold that does not improve, or that gets worse;
- has a rash;
- has signs of dehydration (decreased number of wet diapers—should have 6 to 8 a day, does not shed tears when crying, has sunken eyes or the soft spot on the top of his or her head has sunken);
- has discharge from the ear;
- will not stop crying.

Breastfeed babies and young children

Breastmilk is the ideal food for infants; it is safe, clean, and has antibodies against many common childhood illnesses. Babies should be breastfed exclusively during the first 6 months.

From 6 months of age, breast milk should be complemented with a variety of adequate, safe, and nutrient-dense foods. Breastfeeding should continue for babies under 2 years of age or beyond.

Your body can make enough milk for your baby – even in stressful times or if you have stopped breastfeeding and want to restart. If you can, try to breastfeed.

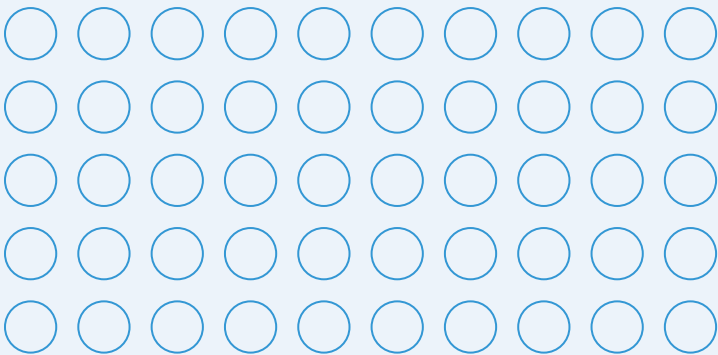
If breastfeeding is not possible, substitute feeding practices such as infant formula can be used to meet the nutritional needs of infants and protect them from diseases.

For infants under 6 months old, infant formula is the suitable milk to use. No other milk such as animal milk, other foods such as baby juices, tea, or drinks such as soya, rice, oats or almond drinks are recommended unless a health worker advises.

Notes

Dotted lines for note-taking.

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