

藥劑師如何助你保持健康

How Pharmacists Can Support Your Health

常見資源 General Resources

藥劑師可問診的情況

Eligible conditions for pharmacist prescribing

- 過敏 (過敏性鼻炎/鼻敏感)
- 唇瘡 (唇疱疹)
- 避孕
- 真菌感染
- 頭痛
- 胃灼熱 (胃酸倒流)
- 痔瘡
- 膿疱瘡 (影響兒童的皮疹)
- 消化不良 (腸胃不適)
- 痕癢, 包括蚊叮蟲咬
- 經痛
- 輕度痤瘡 (粉刺、暗瘡、青春痘)
- 尼古丁依賴 (煙癮)
- 口腔潰瘍 (疳滋)
- 紅眼症 (結膜炎)
- 帶狀疱疹 (生蛇)
- 皮疹 (皮膚炎)
- 扭傷與拉傷
- 線蟲或蟯蟲 (腸道寄生蟲感染)
- 無併發症的尿道感染
- 陰道念珠菌病 (酵母菌感染)
- Allergies (allergic rhinitis)
- Cold sores
- Contraception
- Fungal Infections
- Headaches
- Heartburn (acid reflux)
- Hemorrhoids
- Impetigo (skin rash affecting children)
- Indigestion (upset stomach)
- Itching, including from bug bites
- Menstrual pain
- Mild acne
- Nicotine dependence
- Oral ulcers (canker sores)
- Pink eye (conjunctivitis)
- Shingles
- Skin rash (dermatitis)
- Sprains and strains
- Threadworms or pinworms
- Uncomplicated urinary tract infection
- Vaginal candidiasis (yeast infection)

藥劑師拓展後的服務

With expanded services, pharmacists can provide

- 疫苗注射及建議
- 藥物清單及講解
- 藥方延長及緊急藥物供應
- 輕微疾病問診
- Vaccine administration and recommendations
- A medication list and review
- Prescription adaptation and emergency supply
- Minor ailment and contraception prescribing

服藥期間進行手術或其他醫療程序需注意事項

Having an operation/procedure while taking medications & supplements

- 把您現下服用的藥物，處方及非處方，和保健品報告給幫您做手術或其他醫療程序的醫師。
- 尤其需要注意的藥物：薄血藥如阿司匹林及某些止痛藥如布洛芬。
- 如有提供，詳細閱讀手術或醫療程序的診所給您的資料，內容可包括：手術后護理及注意事項、手術前、中、后需要服用的藥物詳細。
- Make sure you inform the medical personnel doing your operation or procedure of the medications, over the counter medication, and supplements that you are currently taking.
- Especially blood thinners such as Aspirin and certain anti-inflammatory pain killers like Ibuprofen.
- If you are provided with a handout regarding the procedure, make sure to read it carefully as it may contain information regarding expectation and what medications you may need use before, during, or after the procedure

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攜帶慢性病治療藥物外出旅遊

Traveling with medications for chronic conditions

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| <ul style="list-style-type: none">• 確保攜帶足夠的藥物，多帶幾天份量以防行程延誤。 | <ul style="list-style-type: none">• Make sure you bring enough medications to last your entire trip plus a few extra days if there are delays |
| <ul style="list-style-type: none">• 盡量留下至少1-2星期量的藥物在家以防旅遊結束回家後斷藥。 | <ul style="list-style-type: none">• Leave at least 1-2 weeks worth of your medications at home in case you run out of when you return. |
| <ul style="list-style-type: none">• 檢查您的處方藥物都有藥房標籤。 | <ul style="list-style-type: none">• Make sure all your prescriptions are properly labelled with official pharmacy labels. |
| <ul style="list-style-type: none">• 攜帶藥物清單並瞭解您正服用的藥物。 | <ul style="list-style-type: none">• Bring a list of medications you are currently taking and understand the details of your medications. |
| <ul style="list-style-type: none">• 保證您已接種您歲數以及針對您要去的去地方所建議的疫苗，並攜帶所需要的入境疫苗接種記錄。 | <ul style="list-style-type: none">• Make sure your vaccinations are up-to-date and you have received the recommended vaccines for the area you are travelling, and bring the required vaccination documents for entry into your destination. |

其他藥房服務

Other potential pharmacy services

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| <ul style="list-style-type: none">• 藥包計劃• 處理過期藥物• 血壓及血糖測試• 送藥服務• 家訪護理服務 | <ul style="list-style-type: none">• Blister packing medications• Disposal of expired medications• Blood pressure and glucose testing• Medication delivery• Homecare and monitoring services |
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社區資源 Community Resources

如何接種新型冠狀病毒疫苗

<https://www2.gov.bc.ca/gov/content/covid-19/translation/tc/register>

How to get vaccinated for COVID-19

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

約見藥劑師治療小病或處方避孕藥具

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/macs/tc>

See a pharmacist for minor ailments or contraception

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/macs>

依時服藥 Taking medicines as prescribed. (英文 English)

<https://www.healthlinkbc.ca/health-topics/taking-medicines-prescribed>

卑詩省健康鏈接 HealthLink BC

8-1-1 (每天24小時提供卑詩省醫療保健系統的信息，附有中文)

8-1-1 (health system navigators 24 hours per day and Chinese speakers are available)

BC Pharmacare

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents>

卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱綫 Caregiver Support Line 1-877-520-3267