



1 February 2006: No 08/06

MEDICAL HELP WHEN ON HOLIDAY

The following medical information is crucial to all members and dependants in the SANDF:

Medical consultations by private medical practitioners or at private hospitals are not allowed **without prior authorisation** by the medical unit (Area Military Health Unit (AMHU) of that region.

PLEASE NOTE: A sufficient supply of chronic medication should be obtained prior to going on holiday.

In the event of a real life-threatening emergency, a private medical practitioner or hospital may be consulted, provided that the nearest Area Military Health Unit or sickbay is informed during or as soon as possible (24-48 hrs) after the emergency.

PLEASE NOTE: If travelling outside the borders of the RSA for private/personal reasons, SANDF members and their dependants are responsible for any and all medical costs incurred, including immunizations required for travel purposes.

Should members in an emergency need to utilise a

medical facility which is not affiliated to the military, they must obtain medical authorisation from the concerned AMHU at the telephone numbers as indicated. If there is no reply, please contact the Area Military Health Formation at (012) 671 5911/5219 or the Tertiary Health Formation at (012) 671 5911/5112.

AREA MILITARY HEALTH UNITS: Numbers for 24 hours medical authority are as follows:

AMHU Eastern Cape HQ in Port Elizabeth, (041) 505-1075/1203/1138 or (041) 505-1203 (a/h),

AMHU Kwa-Zulu Natal HQ in Durban, (031) 451-1956 (w/h) (Bluff), (031) 369-1150 (w/h) (ASB), 082 768 8022 (a/h) after 7pm, or (031) 369-1359 (a/h),

AMHU Free State HQ in Bloemfontein, (051) 402-1679/1782/1866 or (051) 402-1894 (nurse or doctor on call at 3 Mil Hosp Casualty),

AMHU Gauteng HQ in Pretoria, Medical Auth (w/h) (012) 319-3309/3184 or Ops/Duty Room (a/h) (012)

319-3167/3169, Emergency Auth (24 hrs) 082 880 8440,

AMHU North West HQ in Potchefstroom, (018) 289-1143 (w/h) or (018) 293-4513 (a/h) nurse on duty ward 3,

AMHU Mpumalanga HQ in Nelspruit, (013) 756-2430/2429 (w/h) or (013) 756-2469/2471 (Officer on Duty at S/B),

AMHU Limpopo HQ in Polokwane (015) 299-3100/3105 (Mrs Vorster) and (015) 299-1559/1503 or (015) 288-0061 (a/h),

AMHU Northern Cape HQ in Kimberley, (053) 830-3244 (Reception) and (053) 830-3246 (Mrs Ismail) or (053) 803-3262 (a/h),

AMHU Western Cape HQ in Cape Town, (021) 799-6899 or (021) 469-2600 or (021) 799-6237 (a/h) will provide contact numbers.

The details of Tertiary Military Health Formations are as follows:

1 Mil Hosp (Pretoria) (012) 314-0999/0001,

2 Mil Hosp (Cape Town) (021) 799-6911/6116,





Bulletin

Department of Defence



3 Mil Hosp (Bloemfontein)
(051) 402-9111/1845.

Any enquiries in this regard may be forwarded to SAMHS, Directorate OHS, tel (012) 671-5536 or (012) 671-5276



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