

Medical Contact Information

Maputo Private Hospital (behind Portuguese School)

Tel: 21483905 / 21483680 / 843030967 / 843030968 / 843030969

Emergency: 823213200 / 21308719

Services: 24h emergency care, advanced life support, X-ray facilities, vaccination, laboratory facilities

Instituto do Coracaõ (ICOR)

Also known as Heart Institute

Tel: 21414763

Services: 24h emergency care, vaccination, X-ray facilities

Sommerschild Clinic

Tel: 21493924

Services: 24h emergency care, X-ray facilities, laboratory facilities

Oceanpath Laboratories

Tel: 21494278

A Laboratory near Sommerschild Clinic that is open:

- Monday to Friday from 6.30am to 10.30pm
- Saturday and Sunday from 7am to 7pm

They do malaria testing with results given in a 1-2 hours. You can walk in and request the test without seeing a doctor first.

Ambulances

* Vida Plus: 82124 / 84124 - advanced life support

* Aeromed: 84555911 / 84333911 - advanced life support, road & air evacuations in a 250kmm radius (for members only)

When possible, it is recommended to go to the hospital directly, as the ambulances can take some time to arrive.

Centro Medico (Dr Garcia)

Tel: 822831918 / 845831984

Paediatrician and doctor present from 8 am to 5pm.

Both speak English, Portuguese and Spanish.

This centre is used by a lot of the AISM staff.

The receptionist does not always speak English.

Physiotherapist

*Ohmar Fernandes: 843026223

English speaking

Good with sports injuries

* Gerladine: 821996224

English speaking, and easier to get an appointment.

SOUTH AFRICA

Doctors in Komaatipoort

Tel: +27 13 793 7306

They are a group of South African Doctors who a lot of the staff and parents use.
There is a blood laboratory and a pharmacy all in the same area.

Mopani pharmacy in Nelspruit

Tel: +27 13 755 5500

Excellent supply of everything from cosmetics to medications.
They also run an immunization and travel clinic.