

Wise Use of the Emergency Room

An emergency is life-threatening and requires immediate care. Call 911. Be sure to bring along identification, insurance cards, and medication and health history information.

Examples of an Emergency

- Not breathing/having difficulty breathing
- Choking – unable to dislodge item
- Heart attack or stroke
- Broken bones
- Severe bleeding or burns
- Shock

Situations for Routine/Self-Care at Home

- Minor cuts and sprains
- Fever of 102° F or below
- Headache
- Sore throat
- Upper respiratory infection
- Common neck and back pain

Your Home Emergency Kit

- Assorted bandages
- Sterile gauze pads and tape
- Moleskin
- Thermometer
- Tweezers
- Moist towelettes
- List of emergency numbers
- Flashlight and batteries
- Nasal bulb syringe
- Scissors
- Elastic wrap

Over-the-Counter Aids

- Pain and fever medications (ibuprofen/acetaminophen)
- Antacids
- Antibacterial ointments
- Decongestants
- Antihistamines (avoid if pregnant)
- Sunblock
- Anti-itch products
- Anti-diarrheal products

Be Prepared for Emergencies

- Learn CPR and first aid
- Keep first aid book or card handy
- Have emergency numbers posted
- Know the location of the closest emergency facilities
- Understand your insurance policy
- Have medical history available
- Carry ID and insurance cards at all times

This article is not intended to be exhaustive nor should any discussion be construed as legal or financial advice.
