

# I am injured

KNOW  
YOUR  
OPTIONS



Sprains, cuts and scrapes can hurt a lot, but **don't** usually require the emergency department. You have other health care options.

If you're **unsure**, we're here to help.

**Dial 811 for Health Link:** to talk to a Nurse

**Find health information at:** [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)

**Visit a:** Family Doctor, Pharmacist or Walk-In Clinic or Urgent Care Centre

**For more options:** [albertahealthservices.ca/options](http://albertahealthservices.ca/options)

Emergency is here for you if you need it. Use it wisely.

