With influenza, it’s normal to feel awful, but most cases don’t require the emergency department.

If you’re unsure, we’re here to help.

Call a nurse at: Health Link Alberta 811
Visit a: Family Doctor, Pharmacist or Walk-In Clinic

For more options: albertahealthservices.ca/options

Emergency is here for you if you need it. Use it wisely.
I am confused about my meds

Using medications properly and having enough of them on hand is important, but the emergency department is not usually the place to ask for advice or prescription renewals.

We’re here to help you get the care that’s right for you.

Call a nurse at: Health Link Alberta 811, or PADIS (Poison & Drug Information Service) 1-800-332-1414
Visit a: Family Doctor or a Pharmacist
Find health information at: MyHealth.Alberta.ca

For more options: albertahealthservices.ca/options

Emergency is here for you if you need it. Use it wisely.
I am worried about my child

It can be scary when your child is sick. But in most cases, you don’t need to go to the emergency department.

If you’re unsure, we’re here to help.

Call a nurse at: Health Link Alberta 811
Find health information at: MyHealth.Alberta.ca
Visit a: Family Doctor, Pharmacist or Walk-In Clinic

For more options: albertahealthservices.ca/options

Emergency is here for you if you need it. Use it wisely.
I am injured

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.

Call a nurse at: Health Link Alberta 811
Find health information at: MyHealth.Alberta.ca
Visit a: Family Doctor, Pharmacist, Walk-In Clinic or Urgent Care Centre

For more options: albertahealthservices.ca/options

Emergency is here for you if you need it. Use it wisely.
It can be confusing to find the health care that’s right for you.

For non-urgent health situations, the emergency department is not the best place to go. **We can help you** find the people and programs you need for your health.

**Call a nurse at:** Health Link Alberta 811
and ask about: Family Doctors, Family Care Clinics, Walk-In Clinics or Primary Care Networks

**For more options:** albertahealthservices.ca/options

Emergency is here for you if you need it. Use it wisely.
I am trying to stay healthy

Managing your health can be complex. For non-urgent concerns, the emergency department is not the best place to go.

We can help you get the care that’s right for you.

Call a nurse at: Health Link Alberta 811
Visit a: Family Doctor, Pharmacist or Family Care Clinic
Find health information at: MyHealth.Alberta.ca

For more options: albertahealthservices.ca/options

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