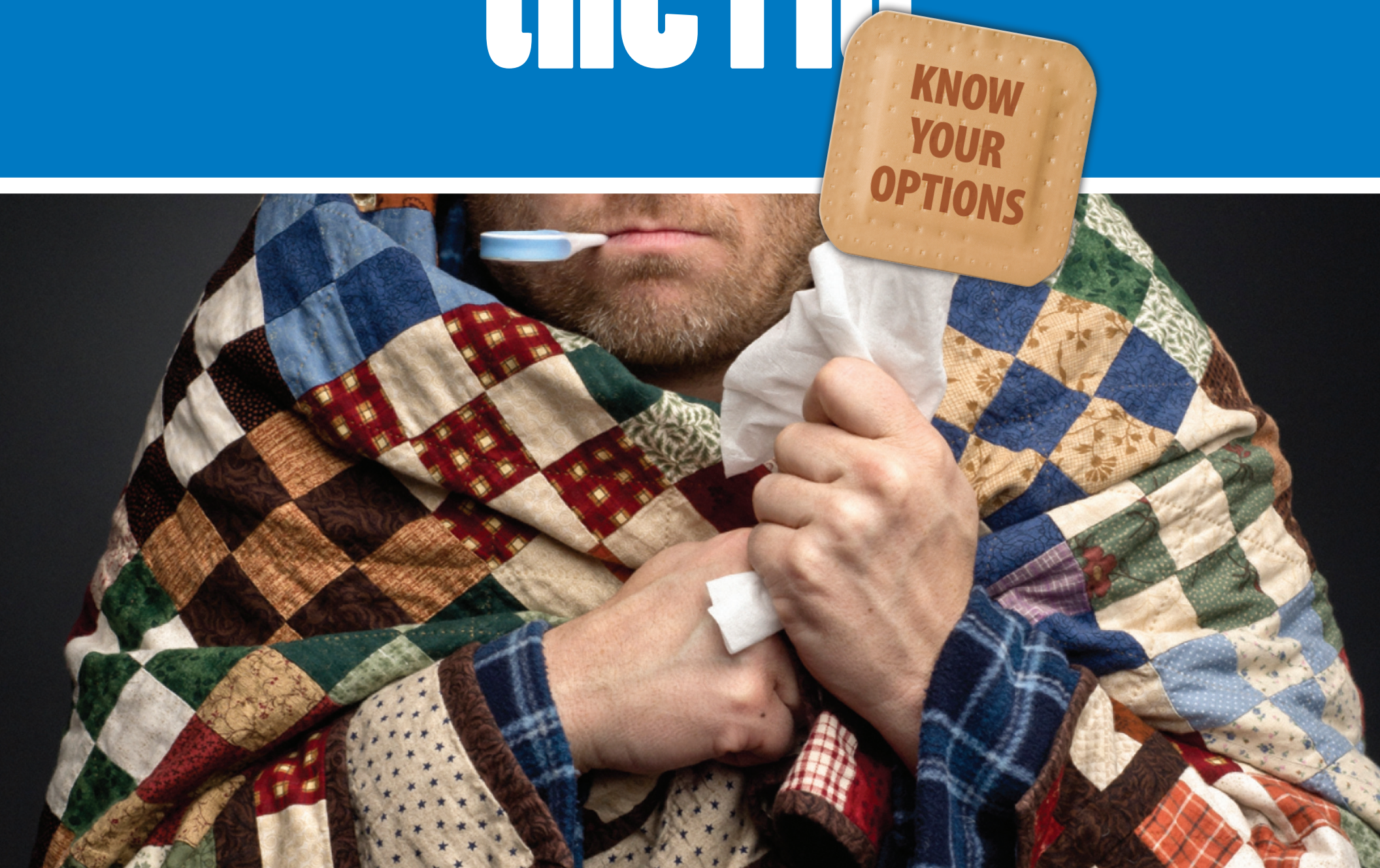


I am fighting the flu



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

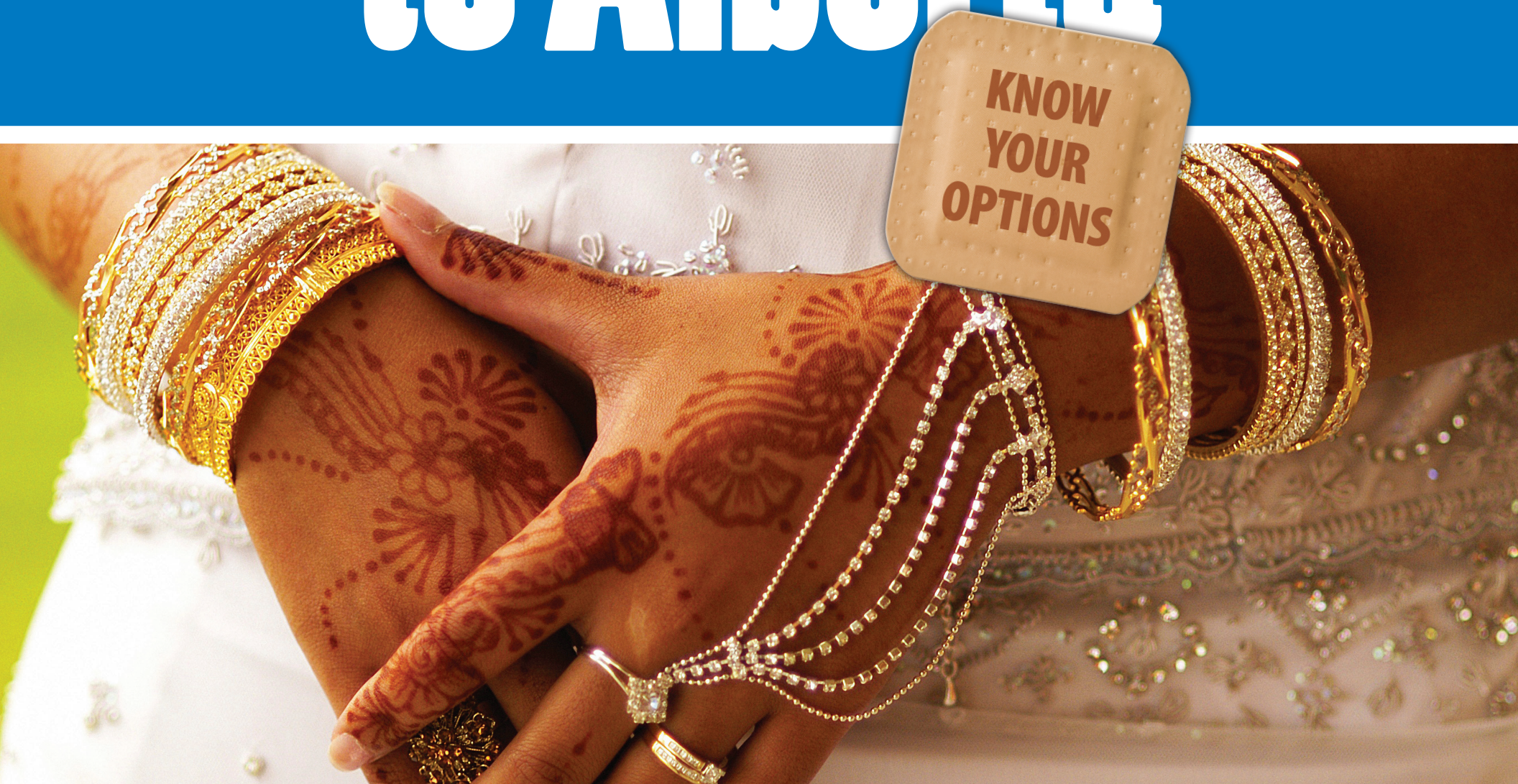
Visit a: Family Doctor, Pharmacist, Walk-In Clinic
or Urgent Care Centre

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

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



I am new to Alberta



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.

