

# 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](https://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](https://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 or Walk-In Clinic or Urgent Care Centre

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

