



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



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





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





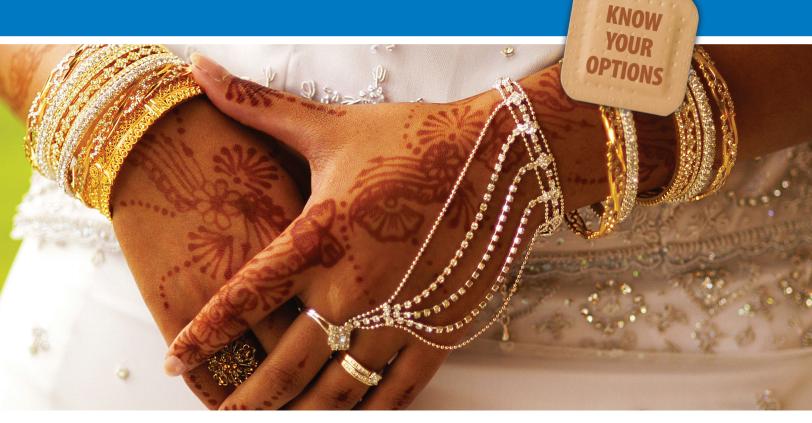
Sprains, cuts and scrapes can hurt a lot, but **don't** usually require the emergency department. You have other health care options.

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



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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





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

