Emergency Care

• Rapid Breathing: difficulty breathing, working hard to breathe
• Pain: Severe chest or upper stomach pain or pressure, other sudden or severe pain, such as severe headache, without cause
• Injuries: Injuries that go deeply into skin, broken bones with bleeding that you can see, eye injuries, uncontrolled bleeding, fall from a height more than 2 times taller than you, or head injuries with loss of consciousness or if you are on blood thinners
• Stroke: New numbness or weakness in the face, arm, or leg, difficulty speaking or understanding speech, drooping face, changes in vision
• Vomiting or Diarrhea: Severe and lasting more than 24 hours, when blood is present (vomit that looks like coffee grounds or poop that looks black like tar)
• Consciousness: Fainting, sudden dizziness, confusion or changes in thinking, not being able to wake someone
• Other: Lips or face turning blue, seizures, severe allergic reaction, vaginal bleeding with pregnancy

Urgent or Primary Care

• Cold and Flu: Cold symptoms lasting more than 5 days and not getting better
• Mild Fever: Lasting longer than 5 days
• Reactions: Allergic reactions, insect bites causing a mild allergic reaction, pink eye
• Injuries: Broken bones, sprains and strains, head injury without loss of consciousness, cuts needing stitches, concussion symptoms
• Other: Minor skin burn, painful peeing

Home Care

These are recommendations only. You should follow what your doctors may have recommended based on your own medical history.

• Fever: Ibuprofen (Advil), acetaminophen (Tylenol)
• Sore Throat: Ibuprofen, acetaminophen
• Scratchy Throat: Warm or cold drinks
• Runny Nose, Stuffy Nose: Saline spray, over the counter cold and flu medicine
• Cold/Cough: Over the counter cold and flu medicine
• Ear Pain: Ibuprofen
• Muscle Aches: Ibuprofen
• Dehydration (not enough fluids for the body to work normally): Drink fluids in small amounts often with or without electrolytes
• Vomiting: Drink fluids in small amounts often with or without electrolytes
• Diarrhea: Drink fluids in small amounts often with or without electrolytes

Avoid: sugary drinks

• Tiredness: Rest