

# Wise & Well

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Chamber of Commerce



## Wise Use of the Emergency Room

An emergency is **life-threatening** and requires **immediate** care. Call 911! Be sure to bring along identification, insurance cards, medication and health history information.

### Examples of an Emergency:

- Not breathing/having difficulty breathing
- Choking – unable to dislodge item
- Heart attack or stroke
- Broken bones
- Severe bleeding or burns
- Shock

### Situations for Routine/Self-Care at Home:

- Minor cuts and sprains
- Fever of 102° F or below
- Headache
- Sore throat
- Upper respiratory infection
- Common neck and back pain

### Your Home Emergency Kit:

- Assorted bandages
- Sterile gauze pads and tape
- Moleskin
- Thermometer
- Tweezers
- Moist towelettes
- List of emergency numbers
- Flashlight and batteries
- Nasal bulb syringe
- Scissors
- Elastic wrap

### Over-the-Counter Aids:

- Pain and fever medications (ibuprofen/acetaminophen)
- Antacids
- Antibacterial ointments
- Decongestants
- Antihistamines (avoid if pregnant)
- Sunblock
- Anti-itch products
- Anti-diarrheal products

### Be Prepared for Emergencies:

- Learn CPR and first aid
- Keep first aid book or card handy
- Have emergency numbers posted
- Know the location of the closest emergency facilities
- Understand your insurance policy
- Have medical history available
- Carry ID and insurance cards at all times

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