

Call 9-1-1 :

- if any of your symptoms change or worsen.

Call HealthLine 8-1-1:

- if you have any further questions regarding your current symptoms.

For 24 hour professional health advice and information, call:



You have been examined by a health care professional and your symptoms have been assessed as mild or moderate.

- You are safe to stay at your location.
- Pay attention to your health and how you are feeling.
- Refer to left sidebar if symptoms worsen, change or you have questions about your current symptoms.
- See below for more information on specific health issues and recommendations.

Heat- Associated Illness

- Go to a safe place to cool down. Find shade when outside or a public place with air conditioning. Stay inside when the temperatures outside are very hot.
- Drink water and other drinks with no caffeine. Drink an electrolyte-replacing beverage, such as Gatorade®.
- Decrease your activity while you recover from your heat related illness.

Lacerations (Cuts) or Abrasions (Scrapes)

- Be aware of signs of infection in your wound:
 - ⇒ Increased redness
 - ⇒ Warm to the touch
 - ⇒ Swelling
 - ⇒ Increased tenderness or pain
 - ⇒ Pus
 - ⇒ Fever
 - ⇒ Tiredness
- Go to a doctor or medical clinic if these signs appear or get worse.



Hypoglycemia (Low Blood Sugar)

- Eat a carbohydrate snack, such as crackers and cheese or a sandwich with meat.
- Avoid demanding activity until your sugars are normal.
- Take your medications as prescribed.
- Check your blood sugar levels often for the next 6 to 8 hours.

Allergic Reactions

- Use anti-histamine / anti-allergen over the counter medication.
- Avoid the allergen, if known.
- Rest until you feel better.
- Have someone stay with you for the next 3 to 6 hours in case the allergic reaction returns.

Falls

- Remove hazards that can be a risk for falling such as floors mats, rugs and clutter.
- Wear good shoes.
- Use walking aids if you have them.
- Pay close attention to your surroundings. Look for ice, uneven pavement and other things that could make you fall.
- Ensure you feel strong enough to move around and are not experiencing dizziness.

Please use the following QR Code to
access a confidential
Patient Satisfaction Survey

