

I am injured

KNOW
YOUR
OPTIONS



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.

Dial 811 for Health Link: to talk to a Nurse

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

Emergency is here for you if you need it. Use it wisely.

