

# I am worried about my child



KNOW  
YOUR  
OPTIONS

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.

**Dial 811 for Health Link:** to talk to a Nurse  
**Find health information at:** [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)  
**Visit a:** Family Doctor, Pharmacist or Walk-In Clinic

**For more options:** [albertahealthservices.ca/options](http://albertahealthservices.ca/options)

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

