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Albertans encouraged to know their care options

CALGARY – Winter is traditionally a busy time of year for health care services, and Emergency Departments (EDs) and hospitals across Alberta are again seeing this impact.

Alberta Health Services' (AHS') capacity strategies continue to support efficient and quality delivery of care; however, Albertans are reminded that they also play a role in helping ensure that emergency care is preserved for those who need it most.

Albertans who need emergency care will receive it. Unfortunately, many people end up in the emergency department (ED) because they don't know where else to go. The ED might not be the right place for you.

We want you to get the right care for you, in the right place. There are many options to receive the care you need. Make sure you know all the care options available and choose the one that suits you and your family.

Your care options could include:

- Family Doctor
- Urgent Care Centre
- Walk-in Clinics
- Pharmacy
- Health Link

Albertans are also reminded that, in many instances, self care can also help you cope with non-severe symptoms of seasonal illness. If you're unsure, call Health Link at 811, or visit a family doctor, pharmacist or walk-in-clinic.

Get to know your options. Visit www.ahs.ca/options.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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