

## When and where to seek care

Feeling unwell? Not sure where to go/what to do for advice or care? Choose where to go/who you contact based on your symptoms.

COVID self-test kits are available for pick up across the province ([www.saskatchewan.ca/covid19](http://www.saskatchewan.ca/covid19)). Keep a testing kit available in your home in case of illness. Always wear a mask if you feel unwell and have to leave your home to seek medical care.

## Feeling unwell?


### Make the right choice for your care

**EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:**

<b>Call 911</b>	*Any difficulty breathing Chest pain/shoulder pain Unconsciousness	Uncontrollable bleeding Face droop/slurred speech Severe trauma
<b>Go to nearest Emergency Department</b>	Head injury Broken bone/fracture Trauma-related injuries	Confusion/change in mental state Abdominal pain Thoughts/acts of self-harm
<b>Call your care provider or visit a walk-in clinic</b> Appointments may be virtual or in-person	*Unexpected illness/pain *Cold/flu symptoms *Ear or throat pain Vaccine advice	Mental Health concerns Chronic illness care Prescription refills
<b>Self-care At home</b>	*Mild COVID-19 symptoms sore throat, headache, fever, etc. *Scrapes and Bruises	Diarrhea *if ongoing for more than one day, seek additional care *Other cold/flu symptoms
<b>Call/visit your Pharmacist</b>	Medication advice Minor wound care *Cold symptoms	Nail fungus infection *Diarrhea Emergency prescription renewal
<b>Call HealthLine 811, open 24/7</b>	Unsure how to manage your symptoms? Have symptoms of COVID-19 and may need a test? Need to report adverse reactions to a COVID-19 vaccine? Need mental health support?	

*\*These may indicate COVID-19 illness. If you have any COVID-19 symptoms, self-isolate immediately and take a COVID-19 self-test. If breathing is difficult, seek medical care immediately at your nearest emergency or call 911.*

**DO NOT delay care if you need it. Delaying care can cause serious illness and even death.**  
If symptoms worsen or do not go away within a few days, other care options should be considered.

 **Saskatchewan  
Health Authority**

[saskatchewan.ca/COVID19](http://saskatchewan.ca/COVID19)

### **How emergency rooms work**

Did you know the Emergency Department in the hospital does NOT operate on a first-come, first-served basis; it operates on the triage system. Triage means prioritizing a person based on the urgency of their need for care. After registration, triage is the first thing that happens when you seek care at an emergency room.

The Canadian Triage and Acuity Scale (CTAS) ranges from one to five, with one signifying the sickest patients and five the least sick. The triage nurses do their best to do this as accurately and quickly as possible with the information the patients and family give them. The triage levels are not shared with patients as they can change. There are many factors that move patients up or down the triage scale – age, pain, vital signs, medical history, etc. Learn more:

<https://www.saskhealthauthority.ca/.../emergency...>

### **Protect yourself / self-care**

As this viral season arrives, we know it can be daunting when your child is ill. We encourage everyone to protect themselves and others from illnesses like COVID-19, RSV and Influenza. Measures you can take include staying home when sick, washing hands, physical distancing, and using masks, especially indoors. If you need advice on when it's time to see your doctor, HealthLine 811 has licensed health-care nurses and professionals standing by who can provide education and support.

### **Self-care**

A fever is a rise in body temperature above normal range. It is often a sign that the body is fighting an infection. Fevers don't always need to be treated but rest and hydration are very important. You can also call HealthLine 811 for advice or contact your pharmacist. More:

[https://caringforkids.cps.ca/.../hea.../colds\\_in\\_children...](https://caringforkids.cps.ca/.../hea.../colds_in_children...)

### **Pediatric care**

A message from Health Canada: "Health Canada is warning families and caregivers not to use adult fever and pain medications on children under 12 years of age unless they consult with a health care professional..."

The ongoing national shortage of pediatric pain/fever medicine is concerning and frustrating but advice is available. If you need advice on whether it's time to see your doctor, HealthLine 811 has licensed health-care nurses and professionals standing by and can provide education and support.

## Pediatric care

DO NOT use adult fever and pain medications on children under 12 years of age without consulting a health care professional (pharmacist, nurse practitioner or physician). While we understand the frustration and concern many parents are feeling with the ongoing shortages of pediatric pain and fever medication, adult and child medications are not made or prescribed the same – this may lead to accidental overdose which can be life threatening for children. Every child is unique so don't use a dosage chart from social media and don't use expired products.


If your child has a fever, it can mean their body is fighting a virus or infection. For low fevers, try to keep the child comfortable, use cold compresses and have them drink plenty of fluids. Monitor for changes. Warm baths can be useful to help manage pain. You can also call HealthLine 811 for advice when your child is sick. More: [https://caringforkids.cps.ca/.../health.../colds\\_in\\_children](https://caringforkids.cps.ca/.../health.../colds_in_children)

### Information for families and caregivers during the shortage of children's fever and pain medication

#### WHAT TO DO WHEN YOUR CHILD HAS A FEVER


Community and hospital pharmacies all over Canada are working with manufacturers, distributors, federal, provincial, and territorial governments, and others to address the current supply challenges affecting pediatric formulations of fever and pain medication.

This tip sheet was developed in collaboration with health-care providers to offer guidance on when and how to use these products, and when you should speak with a health-care professional for advice.




#### WHAT IS A FEVER?

- A fever is a rise in body temperature above normal range.
- It is usually a sign that the body is fighting an infection.
- A fever itself is generally harmless and possibly even helpful.
- Fevers don't always need to be treated.
- To learn more, please see "Fever and temperature-taking" from the Canadian Paediatric Society.


 Your trusted health-care provider can help decide if taking medicine is recommended.


Method	Normal temperature range
Rectum	36.6°C to 37.9°C (97.9°F to 100.2°F)
Mouth	35.5°C to 37.5°C (95.9°F to 99.5°F)
Armpit	36.5°C to 37.5°C (97.8°F to 99.5°F)
Ear	35.8°C to 37.9°C (96.4°F to 100.2°F)



#### HOW CAN I HELP A CHILD WITH A FEVER AND/OR PAIN?

When a child is sick, one of the main goals is to relieve discomfort and promote rest. Treating a fever does not impact the length of time you are sick.


 You may use **acetaminophen** or **ibuprofen** when an infant or child is in pain or is uncomfortable because of a fever.





#### WHAT IS THE DIFFERENCE BETWEEN THESE DRUGS?

**Acetaminophen** and **ibuprofen** both help to manage fever and pain, but they work in the body differently.




**Ibuprofen** will also help to reduce swelling, bruising, redness and pain/tenderness related to these symptoms following an injury.



Canadian Pharmacists Association / Association des pharmaciens du Canada



Canadian Paediatric Society / Société canadienne de pédiatrie



HEALTH SAKSATOYEMAN

### Respiratory illness information

Flu season has only just begun in Saskatchewan and the provincial Community Respiratory Illness Surveillance Program (CRISP) of November 10 shows influenza cases already increasing with 61% of those cases being in children and youth. Learn more: <https://www.saskatchewan.ca/.../influenza-cases-in...>

Everyone 6 months and older is eligible for the annual flu shot. Book an appointment your flu vaccine today to protect yourself and your family. [www.4flu.ca](http://www.4flu.ca)

Influenza

COVID-19

Get your **Flu** and **COVID-19** vaccines at the same time!

