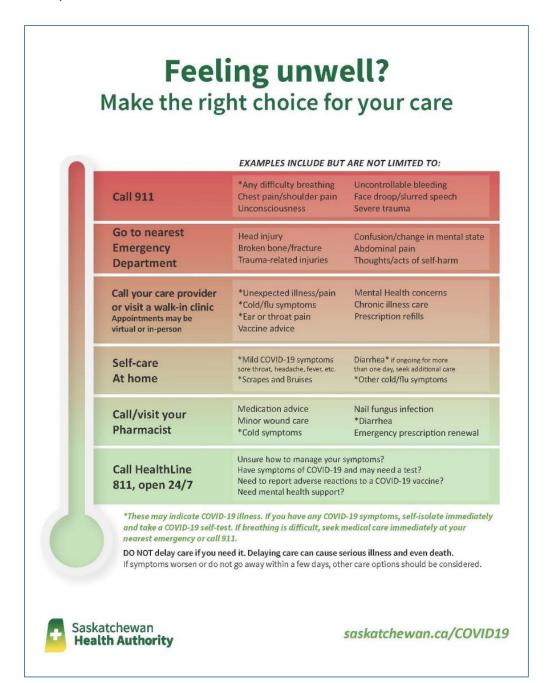
#### When and where to seek care

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 (<u>www.saskatchewan.ca/covid19</u>). 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.



#### 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. Triaging patients 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: <a href="https://caringforkids.cps.ca/.../hea.../colds\_in\_children...">https://caringforkids.cps.ca/.../hea.../colds\_in\_children...</a>

#### Pediatric care

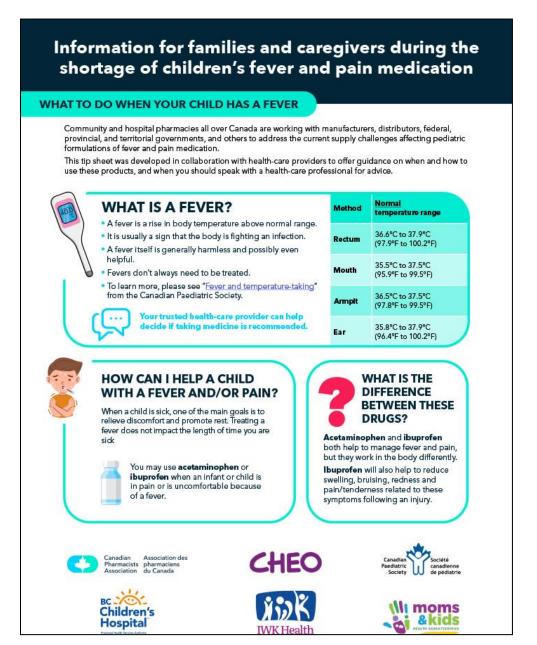
A message from Health Canada: "Health Canada is warning families and caregivers not to use adult fever and pain medications on children under 12 years of age unless they consult with a health care professional..."

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: <a href="https://caringforkids.cps.ca/.../health.../colds\_in\_children">https://caringforkids.cps.ca/.../health.../colds\_in\_children</a>



### **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: <u>https://www.saskatchewan.ca/.../influenza-cases-in...</u>

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. <u>www.4flu.ca</u>

## Influenza

COVID-19

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



