



December: Staying out of the ER during the Holidays



Information for Your Patients

Happy Holidays!

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Gaps in care Outreach topic: Avoiding the Emergency Room, especially over the holidays

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Remember to:

- Refill all medications “before” the holidays
- See your PCP before the holidays if you feel a cold/flu coming on (Especially if you have a chronic condition i.e.: asthma)
- Don’t over indulge in eating or drinking **Plan ahead and choose wisely**
- Don’t over indulge in physical activity that you are not used to
- Make sure you have had your FLU SHOT
- Don’t mingle with others (parties, etc.) if you have a cold/flu or aren’t feeling well
- Don’t overwhelm yourself with stress and get plenty of rest
- When travelling, don’t forget packing medications
- If you need to seek non emergent medical help, **CALL YOUR PCP FIRST!**
- If your PCP is not available, seek out the nearest **URGENT CARE**

#HEALTHYHOLIDAYS

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