



SISC III
PO Box 1847
Bakersfield, CA 93303



Know when to go to the ER



gettyimages®
Steve Debenport

664785834

Real-life situations for parents

It's a no-brainer. Right? Not always.

As a parent, you have lots of choices to make when it comes to your child's health. Things like when should that high fever mean a trip to get care — or when is it OK to treat at home?

That's why it's good to know when to see the doctor, use urgent care or go to the emergency room (ER). Because making the right choice for care can save you time and money.

ER or urgent care? Take a look!



You're opening the back of the car when your daughter flies around the corner on her bike and hits her head on your open car door. Wham!

You should **take her to the ER**. Head and neck injuries can be serious, especially when there's blood and a risk for a concussion.



Your 16-year-old's first words of the day are, "My eye itches and burns." You also see it's red and watery. Uh-oh. Looks like pink eye.

No need to rush to the ER. She can visit with a doctor, 24/7 using MDLive. **It's a great option for care when your regular doctor isn't available.** Just sign up at mdlive.com or use the mobile app to see a doctor who can treat children under the age of 18 in just a few minutes.



It's day two of your 12-year-old son's stomachache. His fever has gone down but he's still throwing up and sneezes ... a lot. Ew!

Your preteen most likely has a common cold/flu. In this case, **it's OK to take him to urgent care.** Usually, bed rest and plenty of fluids will put your son on the mend again. But the doctor may take a throat culture or blood test to rule out other illnesses.



You should go to the ER for serious emergencies, like:

- Coughing up or vomiting blood
- Chest pain or severe shortness of breath
- Major injury or broken bones
- Sudden or unexplained loss of consciousness



Go to the urgent care center for less serious things, like:

- Ear infections or pinkeye
- Sprains and strains
- Stitches
- X-rays



QR CODE

Want to learn more about how to avoid ER waiting rooms and their high costs?

Just scan this QR code to get more information about care options for you and your family. Remember, the more prepared you are before your kids get sick or hurt, the faster you can get help when you need it.



The material included here doesn't take the place of a doctor's advice.

Anthem Blue Cross is the trade name of Blue Cross of California. Independent licensee of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

116032CAMENABC 06/19