

Emergencies

Dial 911 if any of these emergencies occur.
All other medical issues should be seen during regular clinic hours.

ON-CALL EMERGENCIES:

- ~ Swallowed poison
- ~ Pregnant: Regular contractions or leaking Fluid, bleeding
- ~ Suicide threat or attempt
- ~ Sexual assault
- ~ Convulsions/ seizures
- ~ 0-3 month old baby with fever over 100.4°F
- ~ Adult with a fever over 104°F
- ~ Possible broken bones
- ~ Severe chest pain
- ~ Possible injury to neck or spinal cord
- ~ Sudden onset of severe pain
- ~ Severe, repeated vomiting
- ~ Sudden onset of weakness

CALL 911

RIGHT AWAY:

If knocked out
Headache becomes worse
Confusion or strange behavior
Hard to wake up
Seizure or convulsions
Severe bleeding
Trouble talking or breathing
Weakness of arms or legs

All after-hours calls should only be called to 911 not the clinic.

AFTER HOURS call 911

North Slope Borough
HEALTH
and Social Services

CALLING YOUR HEALTH CLINIC AFTER HOURS

IS THE ISSUE REALLY AN EMERGENCY?



- ❖ CHA/P: Community Health Aide/ Practitioner
- ❖ Reasons to call CHAP right away
- ❖ Home remedies for non-emergencies

What's NOT an Emergency?

Non-emergencies should be seen during regular clinic hours. To help you decide, here are some examples:

NON-EMERGENCIES

- ~ **Ran out of routine medications/ medication refill:** Please make sure you pick up medication refills during regular clinic hours.
- ~ **Request for over-the counter medicines:** These can be picked up during regular clinic hours.
- ~ **Requests for chronic pain medication:** Please renew 2 weeks before you run out.
- ~ Toothache without fever
- ~ Earache without fever
- ~ Headache
- ~ Sore throat
- ~ Muscle strains
- ~ Coughing (without shortness of breath)
- ~ Common cold, Runny nose
- ~ Achy bone
- ~ Small cuts or abrasions that do not require stitches

Home Remedies for Non-Emergencies

Coughing/Cold symptoms:

Drink plenty of liquids (no caffeine), about 8-10 glasses a day.

Ear problems

Keep ear canal dry, do not put things in ear canal! Use warm packs for ear for pain, avoid cold wind. Drink plenty of liquids.

Nose and throat problems

Drink lots of liquids (no caffeine). Add moisture to air. Keep nose clean. Gargle warm salt water for sore throat. No smoking. Cover mouth when coughing/sneezing. Wash hands often.

Mouth problems

Toothaches- keep tooth clean. Tylenol/Motrin, warm/cold packs, avoid sweets. NO SMOKING! Mouth sores- rinse warm salty water or baking soda 2-3 times a day.

Wound care

Keep wound clean and dry. Elevate and use ice pack if needed, for swelling. If signs of infection –pain, pus, bad smell, fever, chills, then see health aide.

Skin boils

Hot compress to encourage draining, if large, painful red area and not draining, then see health aide.

Minor sprain or Muscle strain

Rests for 1-2 days- don't put weight on it. Apply a cold pack. Elevate injured area when sitting or lying down. Wrap with bandage if needed.

Back pain

Rest, massage, use hot/cold packs at 5- 10min. intervals, gentle stretching, Tylenol/Motrin.

Nausea/Vomiting

Drink small sips of clear liquids for 12-24 hours or until nausea is gone. Avoid milk, greasy, spicy, acidic foods and alcohol. If vomiting for more than 24 hours or bloody vomit, then see health aide.

Diarrhea

Drink clear liquids for 24 hours or until stool is firmer (Pedialyte for babies). Slowly start bland food like bananas, rice, applesauce, toast, crackers, clear soup. If not improving after 48 hours, go to clinic during regular hours.

Constipation

Drink plenty of liquids, eat high fiber diet. Try prune juice or dried fruit. Get plenty of exercise. If constipated and have abdominal pain, then see health aide.

Headaches

Relax; lay in dark, quiet place. Try cold packs for 2-3 minutes then warm packs for 2-3 minutes. Massage neck, scalp, and face. Try Tylenol, Motrin or other headache medicine.

Urinary problems

Drink plenty of liquids, try cranberry juice. Avoid caffeine, alcohol, orange & grapefruit juice and spicy foods. Those can irritate the bladder. Don't hold your urine. If you have a fever or over the age of 60, then see health aide.