

TIPS FOR VISITING THE EMERGENCY ROOM

What to Bring

1. Photo ID
2. Health card and insurance information
3. Medical information
4. Emergency contacts
5. Phone
6. Any advance plans or decisions.
7. To go bag
 - a. Loose and comfy clothes
 - b. Water and small snacks
 - c. Extra charger
 - d. Books and ways to pass time
 - e. Travel-sized shampoo, deodorant and toothpaste.



What to Wear

- Something comfy and loose!
- Bring a sweater in case it is cold in the hospital

What Not to Bring

- Valuables!
- Credit cards and large amounts of cash.

Remain calm and Positive!

TIPS FOR STAYING CALM

1. Be prepared!
 - a. Take first aid training!
2. Deep breathing!
 - a. Take a deep breath in through the nose (like you are smelling flowers)
 - b. Hold for 3 seconds.
 - c. Let it out through the mouth (like you're blowing a birthday candle)
3. Stay positive!
4. Practice mindfulness!
5. Repeat a mantra or saying
 - a. "It will be alright" or even just the word "calm"
6. Focus on a goal.
7. Visualize
 - a. Picture a calming place

