

Stay safe this summer!

Know where to go in case of an emergency.

It's the time of year to travel, spend time outdoors, and enjoy being active. But with summer activities comes an increased risk of accidents and injuries. This summer, be aware of your risks, and locate your nearest urgent care or Dignity Health emergency center to stay prepared.

Common summertime injuries:



Weather-related injuries

like sunburn or dehydration. Always wear sunblock and drink enough fluids whenever you're out in the sun.



Sports-related injuries

such as sprains, strains, dislocations, broken bones, and concussions. Remember to stretch and warm-up to lower this risk.



Swim-related injuries

and increased risk for drowning. Avoid jumping or diving unless you know the depth of the water and it is safe to do so, and always supervise children who are swimming.



Movement-related injuries

or weakness of leg, arm, or face, particularly on one side.



Play-related injuries

that can occur from roughhousing. Supervise kids on a playground and teach them how to use equipment safely.

Should you visit an urgent care or ER? Use our checklist to find out.

Common reasons for urgent care visits



- Asthma
- Allergies
- Back pain
- Cough, cold, congestion, or runny nose
- Ear ache
- Fever
- Food poisoning
- Indigestion
- Insect bites
- Migraines
- Minor cuts
- Minor sunburn
- Muscle strains/sprains
- Pain with urination
- Wheezing

Common reasons for emergency room visits



- Any fever in babies less than 8 weeks old
- Asthma attacks not improved with albuterol
- Allergic reactions
- Chest pain
- Coughing up or vomiting blood
- Difficulty breathing
- Falls with injury
- Fractures
- Head trauma
- Issues while pregnant (i.e. high blood pressure, bleeding, etc.)
- Life-threatening infections (fever greater than 103°F for more than 48 hours)
- Seizures
- Serious cuts or burns
- Severe injury
- Snake bites
- Stroke symptoms

When to call 911

For life-threatening emergencies, call 911 immediately or go to the nearest emergency room. In case of severe chest pain or stroke symptoms, calling or having someone call 911 for an ambulance is always the right decision. Paramedics can begin lifesaving treatment on the way to the emergency department.

Locate your nearest Dignity Health ER to be prepared in case of an emergency at [DignityHealth.org/Bakersfield/ER](https://www.dignityhealth.org/Bakersfield/ER).



Dignity Health
Mercy & Memorial Hospitals