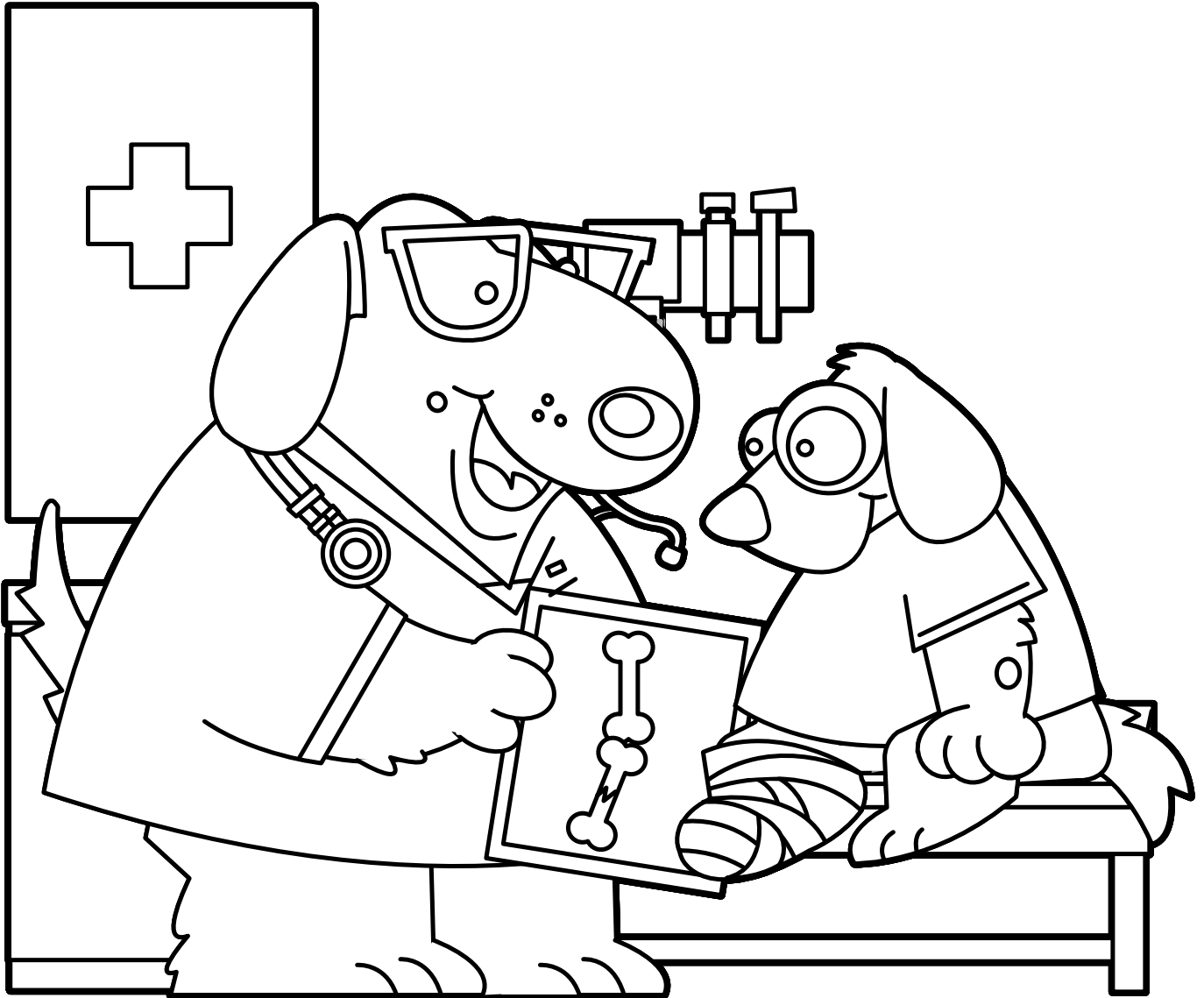


STOP LOOK & learn™

A Trip to the Urgent Care Center

An Educational Coloring & Activity Book

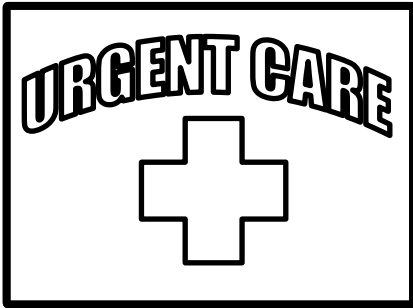


**Tell your parents or another adult
where you are hurt. Try to remain calm.**



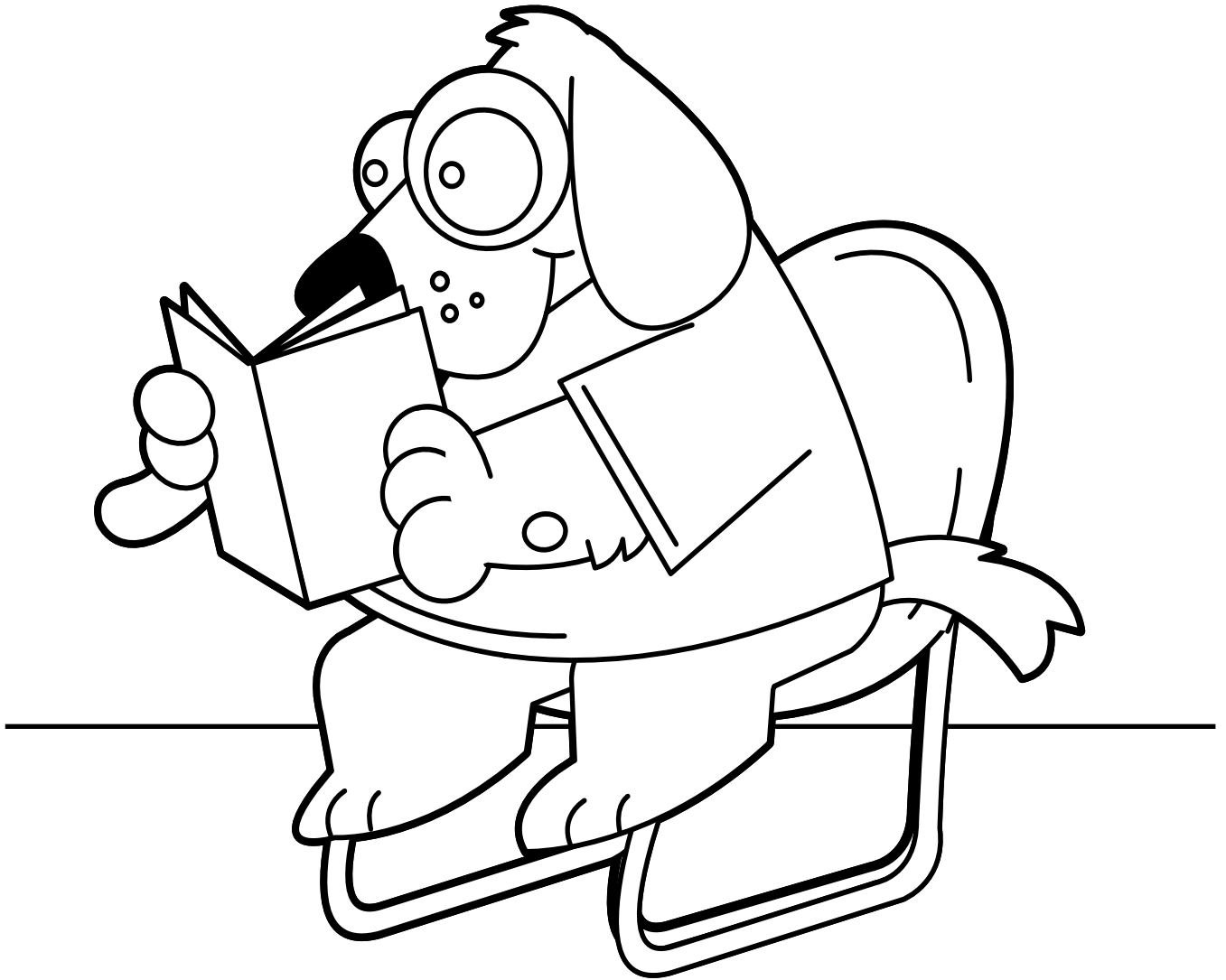
Sometimes if you have an accident you might need to go to the Urgent Care Center. Some reasons for going might be a bad cut, a hard fall, or even a broken bone.

Where does it hurt?



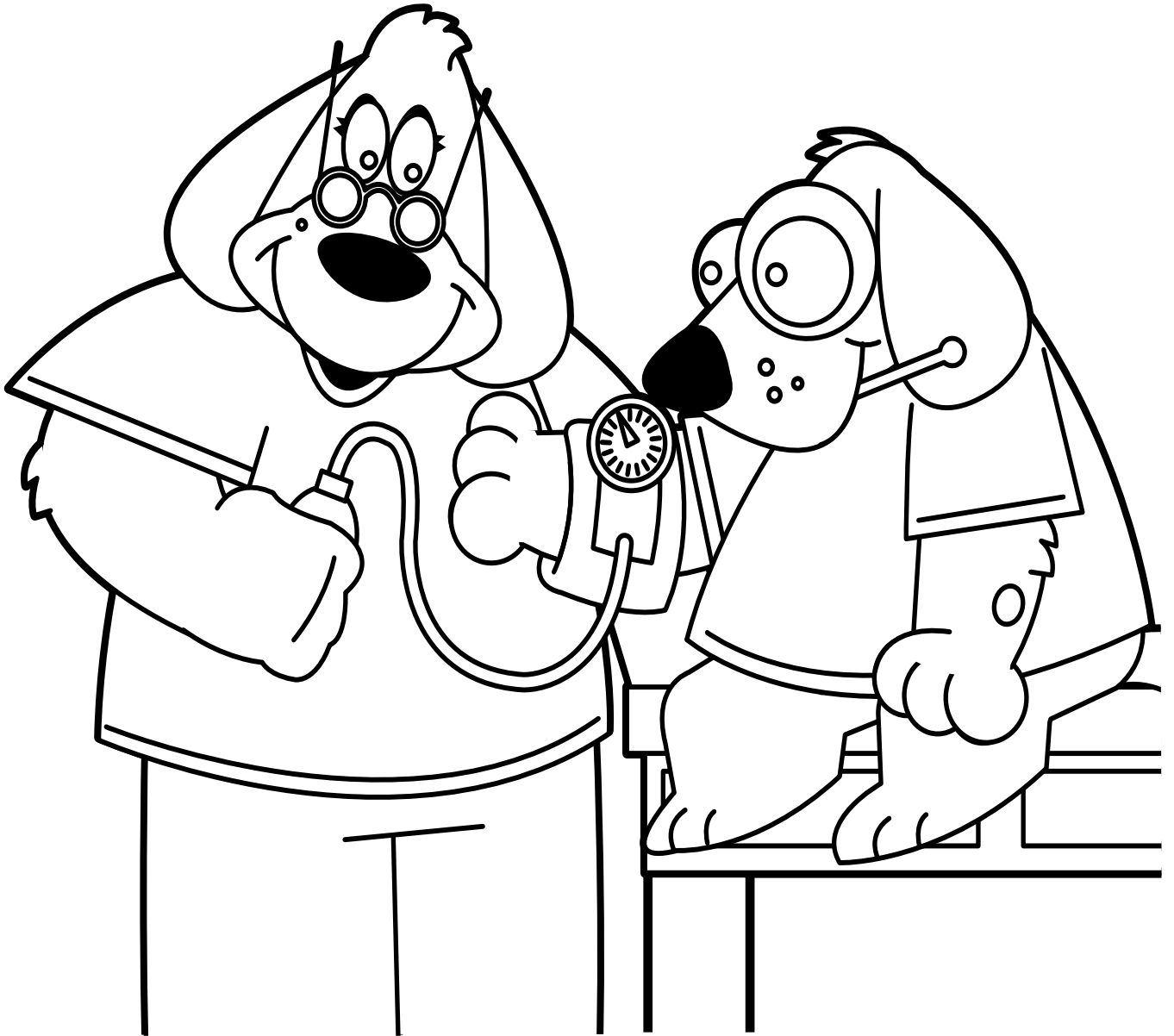
At the Urgent Care Center a nurse or a clerk will write down information about you and your injury.

Be polite and wait quietly until it is your turn.



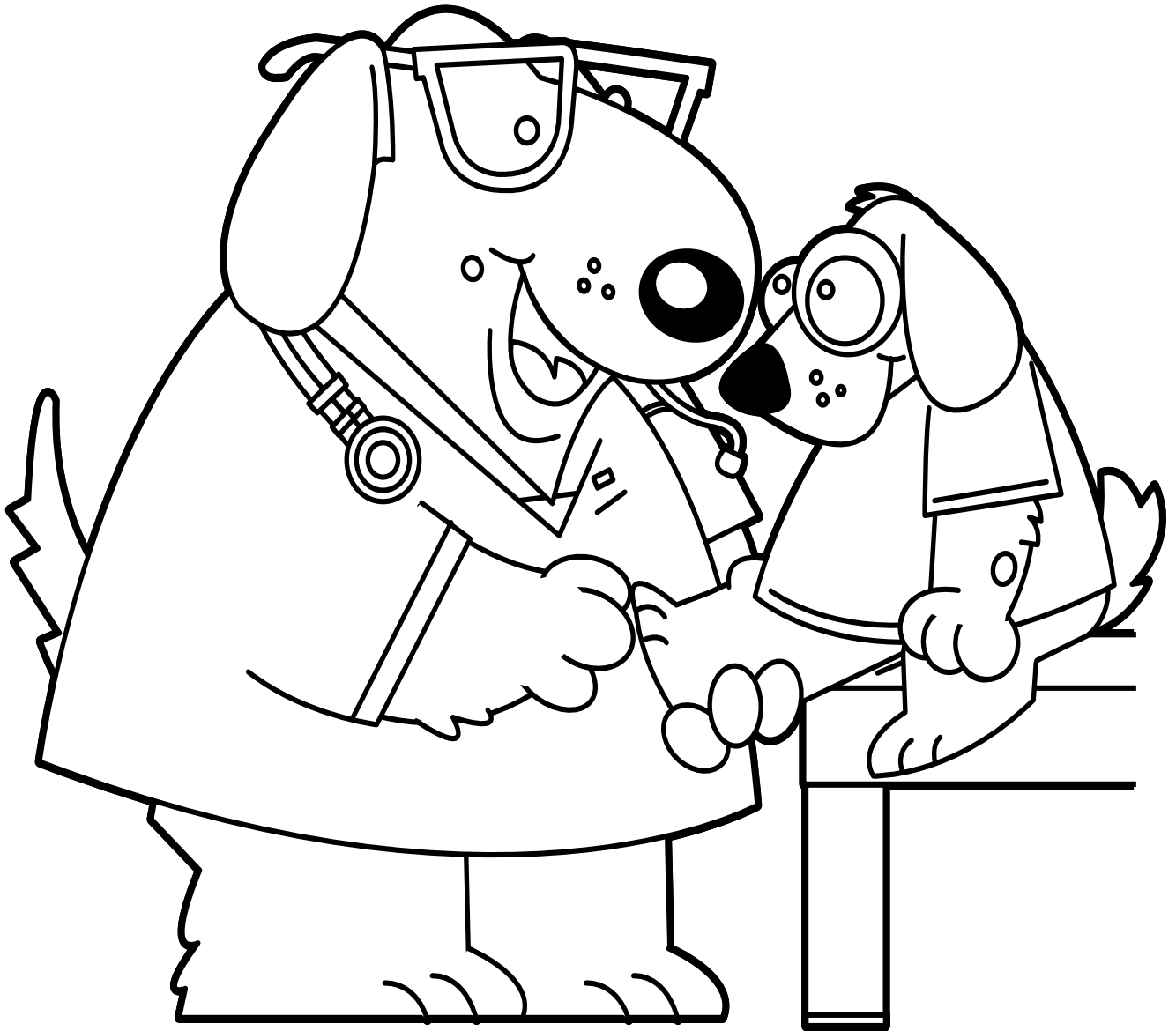
You will probably have to wait your turn if there are people with more serious injuries than yours. You will be asked to wait in a special area. There may be games or toys to play with, or this coloring book that you can color in while waiting to see the doctor.

When it is your turn you will be taken to a treatment room.



A nurse will ask to see where you are hurt. The nurse will also take your temperature, blood pressure, and check your pulse.

The doctor will ask you questions and examine your injuries.

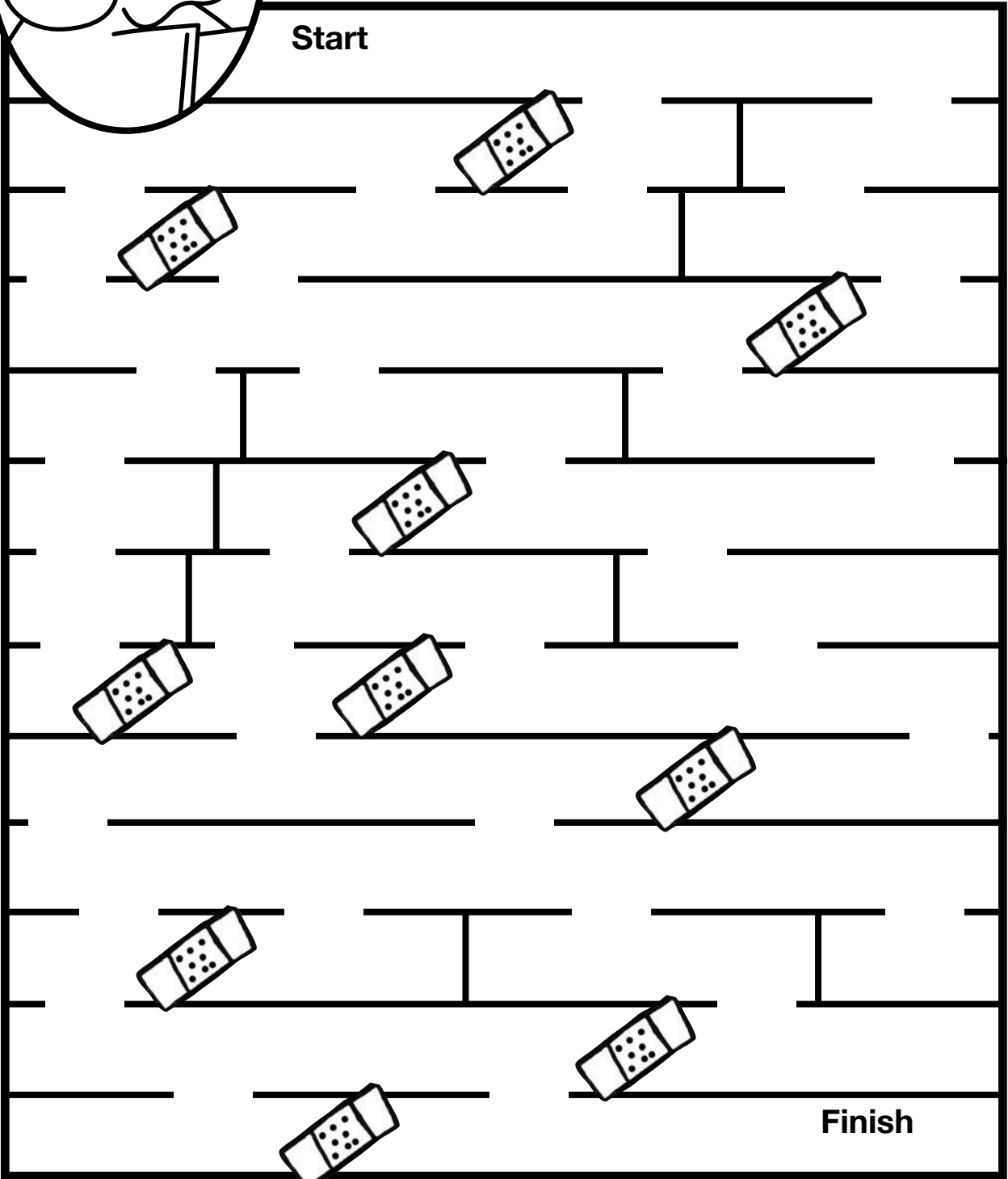


Make sure you answer the doctor's and nurse's questions as truthfully as possible, so they will know what to do to help make you better.



Find your way
through the maze!

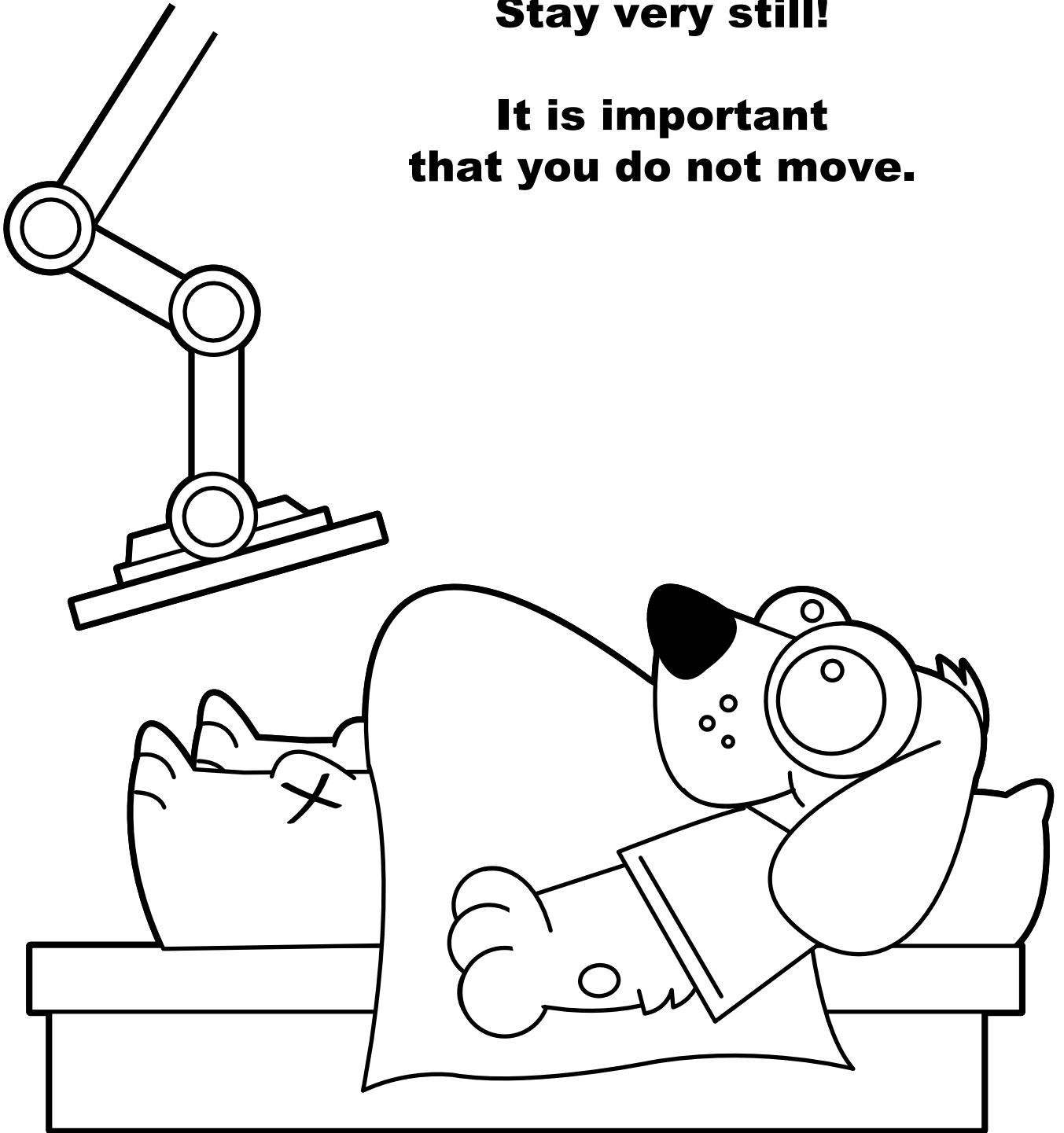
Start



Finish

Stay very still!

**It is important
that you do not move.**



An x-ray may have to be taken if the doctor thinks you may have fractured or broken a bone. An x-ray is a picture that shows inside your body and what your bones look like. It doesn't hurt and takes only a few seconds.

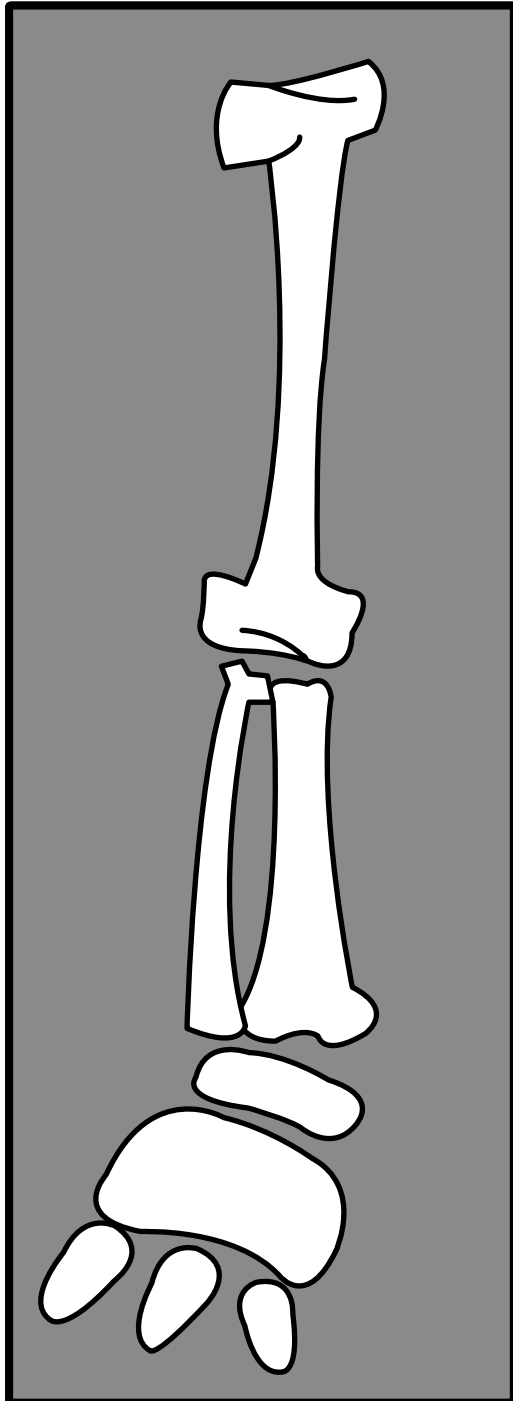


**Find and circle the words
in the puzzle.**

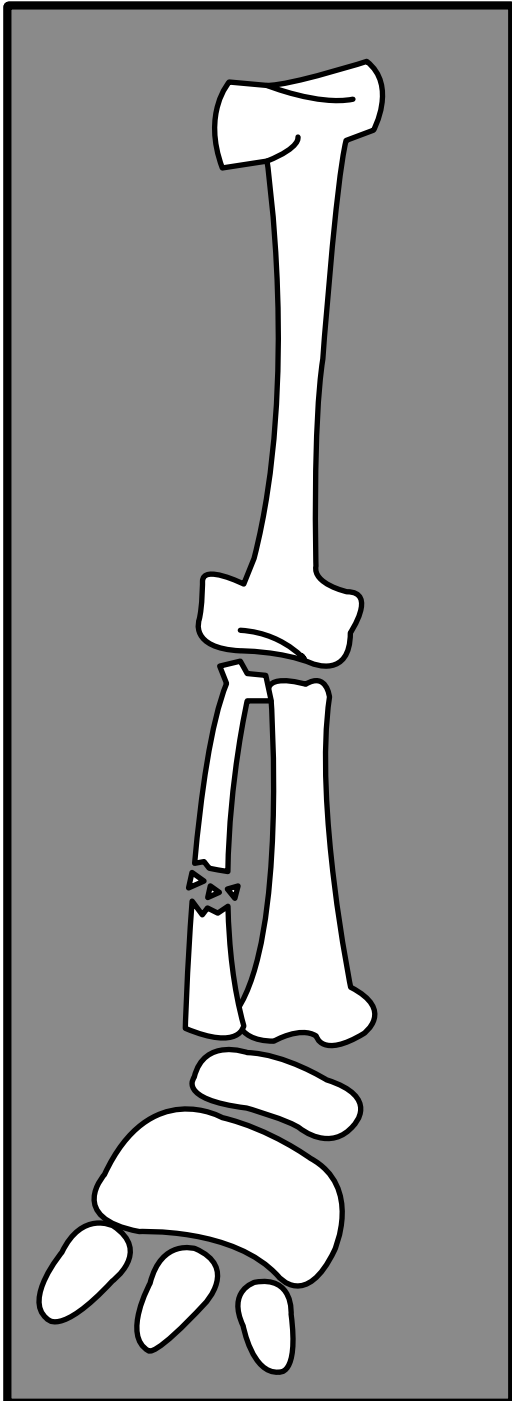
BONES	MEDICINE
CLINIC	NURSE
DOCTOR	PATIENT
ILLNESS	TEMPERATURE
INJURY	X RAYS

M	X	R	A	Y	S	K	V	M	Q	Z
T	E	M	P	E	R	A	T	U	R	E
R	M	D	C	A	P	Y	K	T	C	X
S	Y	O	I	I	L	L	N	E	S	S
N	R	C	J	C	N	E	I	B	B	W
U	U	T	I	W	I	I	F	B	D	J
R	J	O	M	T	A	N	L	N	U	T
S	N	R	A	Y	O	Z	E	C	Z	O
E	I	P	T	K	Q	B	O	N	E	S

X-RAY

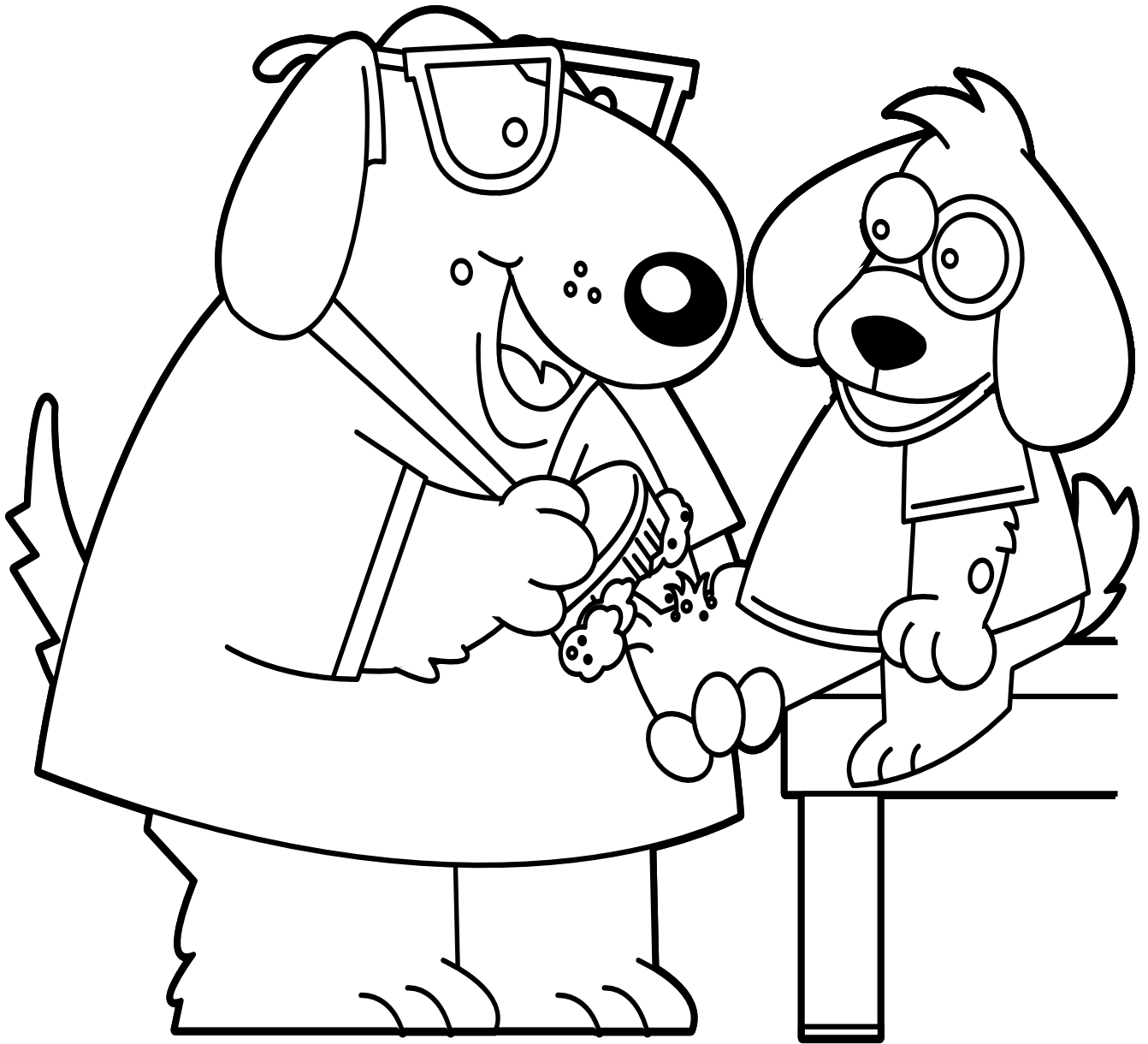


X-RAY



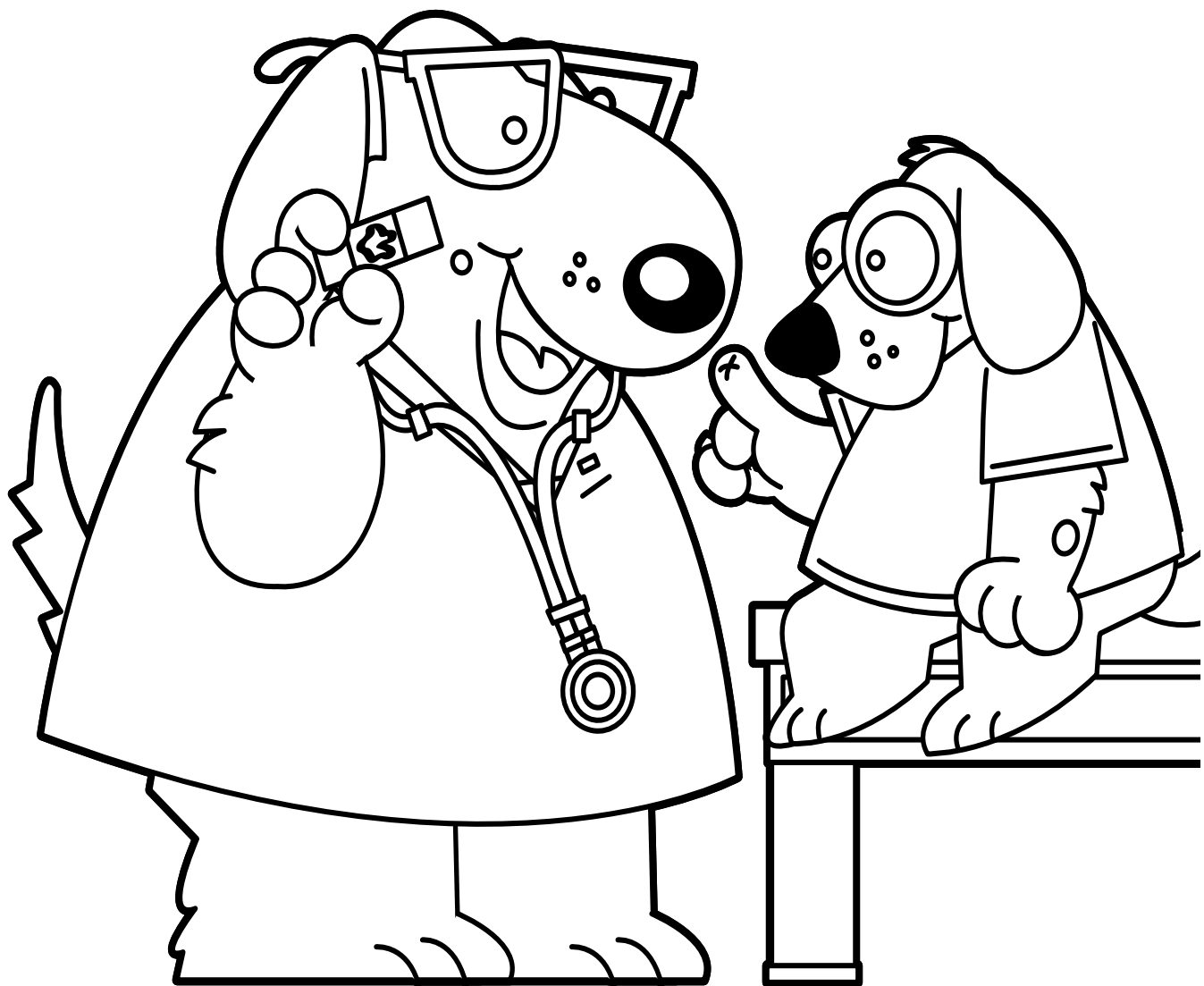
The x-ray will show the doctor where your bone is broken.
Can you tell which bone is broken?

**If you have a cut it will
need to be cleaned.**

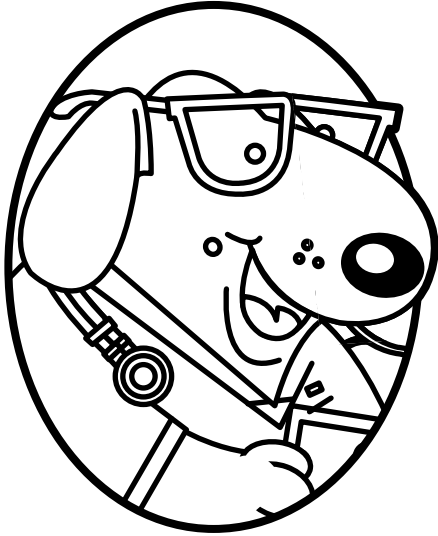


Cleaning the wounded area will help kill the germs and bacteria that can cause infection.

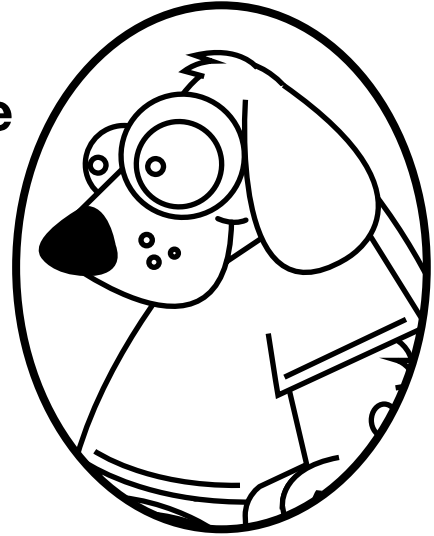
The doctor may need a sample of your blood. A lab technician will prick your finger with a needle to get the sample. It is only a tiny poke and will only hurt for a second!



If you have a deep cut the doctor may need to put in stitches to help it heal faster. The doctor will use some medicine so that it does not hurt while this is done. It will need to be covered with a bandage to help it stay clean and dry.



**Unscramble
the
words.**



1. engeceymr _____

2. grunte rcea _____

3. ensrus _____

4. iendeimc _____

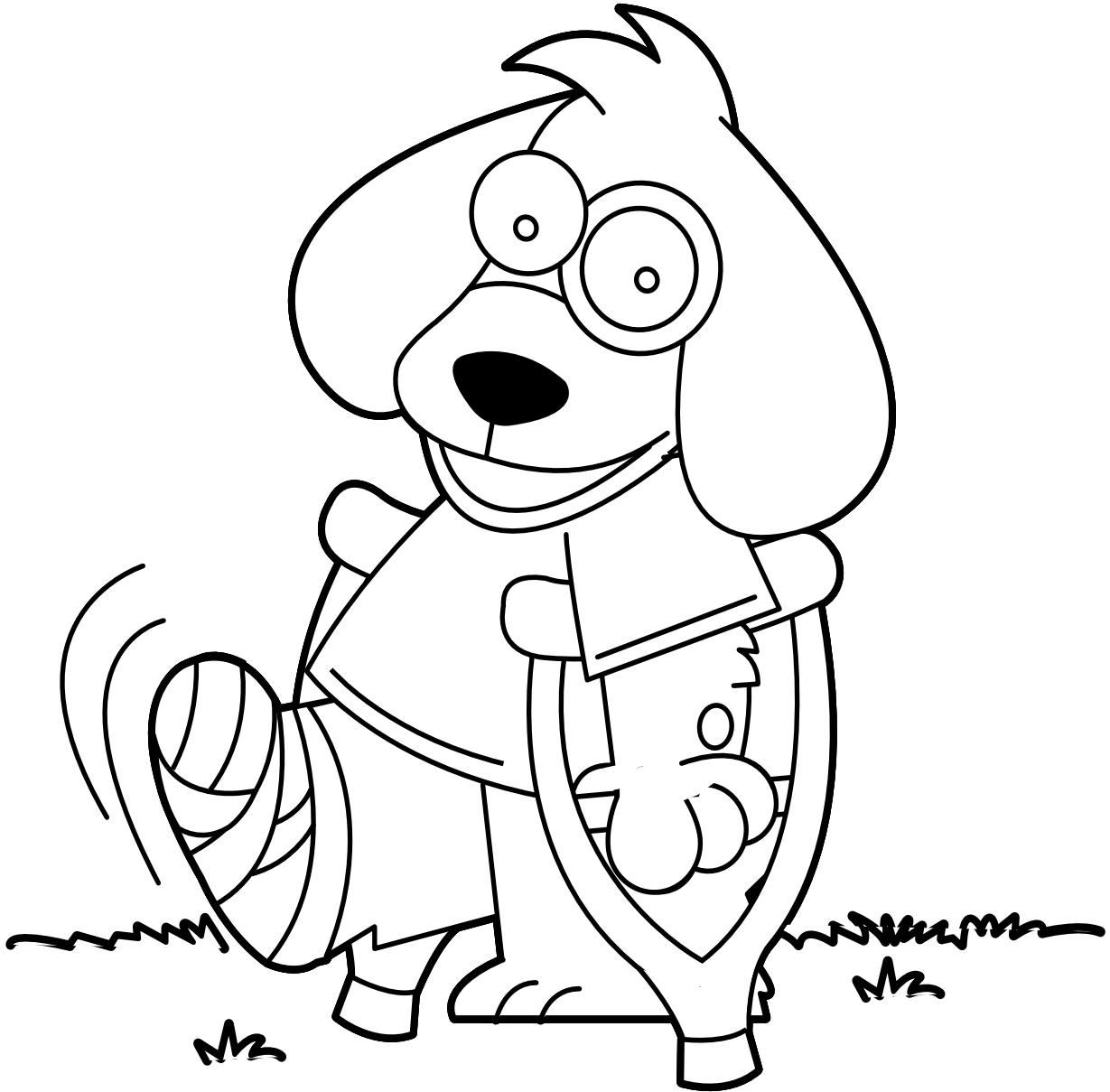
5. edcniatc _____

6. alunbcaem _____

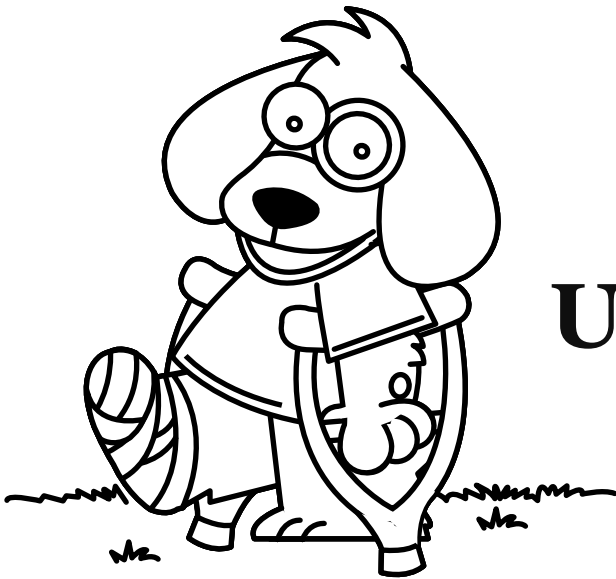
7. rtepaeutrem _____

8. mtnetetar _____

Feeling better already!



If a bone is broken they may put a cast on it to hold the bone in place to protect it while it heals. It is **VERY IMPORTANT** to follow all instructions given to you at the Urgent Care Center very carefully so you can get better quickly!



A Trip to Urgent Care

I, _____ , promise that
(PRINT YOUR NAME)

I will always try to be a good patient.

**I will listen carefully and
follow all my instructions from
the doctors and nurses.**

(YOUR SIGNATURE)