



The Home Urgent Care Checklist

What to keep at home for common minor illnesses and injuries, and when to call us, use telehealth, or go straight to the ER.

Part 1: Stock your home

Check things off as you go. Look at expiration dates every spring and fall.

Fever and pain

- ☐ Digital thermometer
- ☐ Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin), adult and children's strengths. Dose children by weight, and ask us if you are unsure.
- ☐ Do not give aspirin to children or teens.

Cuts, scrapes, and burns

- ☐ Assorted bandages and sterile gauze
- ☐ Medical tape and a clean elastic wrap
- ☐ Saline or clean water for rinsing
- ☐ Antibiotic ointment
- ☐ Tweezers and small scissors
- ☐ Burn gel or non-stick pads

Sprains and sports injuries

- ☐ Reusable cold pack
- ☐ Elastic bandages (2 sizes)
- ☐ Finger splint

Cold, flu, and allergies

- ☐ Saline nasal spray
- ☐ Cool-mist humidifier
- ☐ Antihistamine (such as cetirizine or loratadine)
- ☐ Honey for cough in anyone over age 1
- ☐ Tissues and hand sanitizer

Stomach bugs and dehydration

- ☐ Oral rehydration solution (Pedialyte or similar)
- ☐ Plain crackers and clear broth
- ☐ A bucket or basin by the bed

Good to have on hand

- ☐ Disposable gloves and face masks
- ☐ Flashlight with fresh batteries
- ☐ Pulse oximeter (optional)
- ☐ Written list of each family member's medicines, allergies, and medical conditions
- ☐ Immunization records and your pharmacy phone number



Backroad Mobile Health

Mobile urgent care and telehealth | Logan and Cache Valley, Utah

Part 2: When to call, and when to go

Call 911 or go to the nearest ER now

- Chest pain or pressure
- Trouble breathing, or severe shortness of breath
- Signs of stroke: face drooping, arm weakness, trouble speaking, sudden confusion
- Bleeding that does not stop after 10 minutes of firm pressure
- Passing out, a seizure, or a hard-to-wake person
- Serious head injury, or any head injury with vomiting or confusion
- Severe belly pain
- Swelling of the face or throat, or a severe allergic reaction
- A baby under 3 months old with a fever of 100.4 F (38 C) or higher
- Thoughts of harming yourself or someone else. You can also call or text 988.

Mobile urgent care is not equipped for these emergencies.

Call Backroad Mobile Health: we can see you at home or by video

- Sore throat, cough, cold, or flu symptoms (rapid strep, flu, and COVID tests available)
- Burning with urination or other urinary symptoms
- Cuts that may need stitches, and minor wounds
- Sprains, strains, and minor injuries that may need a splint
- Ear pain, sinus pain, or pink eye
- Rashes, bug bites, and minor skin problems
- Vomiting or diarrhea with mild dehydration
- Fever in an older child or adult that is not improving
- Sports and school physicals, and travel health evaluations

Not sure which one applies?

When in doubt, call us at **435-999-4455**. If it sounds like an emergency, call 911 first. A provider will help you decide on the safest next step.

How it works

We are a self-pay practice. We do not bill insurance, Medicare, or Medicaid. Prices are posted on our website, and you will hear about any added costs before treatment. We cannot currently see patients who are enrolled in Medicare. Book at **backroadhealth.com** or call **435-999-4455**.