



**389 Bridgeport Avenue, Shelton (Next to Big Y)
Open 7 Days: 8AM – 8PM**

203-567-4171

Open Every Day | X-Ray | No Appointment Needed



BUMPS/BURNS/CUTS/STITCHES

- ✓ Clean area and apply ice on injury to keep down the swelling.
- ✓ If bleeding, gently apply firm, direct pressure using a clean cloth or gauze. Continue to hold the pressure steadily until the bleeding stops.
- ✓ Cover the injured area with a sterile bandage or gauze pad and tape.
- ✓ Using a thin layer of antibiotic ointment before applying the bandage or gauze dressing will help keep cuts and scrapes clean and moist, and help curb scarring and becoming infected.
- ✓ If stitches are needed or if the wound is deep, visit AFC Urgent Care to get evaluated by a board certified physician.



SPRAINS/STRAINS

- ✓ Ice area to keep down the swelling.
- ✓ Compression can help control swelling as well as immobilize and support the injury.
- ✓ Visit AFC Urgent Care to get evaluated. X-Rays are available on site.

In case of a life threatening emergency, immediately call 911



URGENT CARE

american family care®

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CONCUSSION

THINKING/REMEMBERING	PHYSICAL	EMOTIONAL/MOOD	SLEEP DISTURBANCE
<ul style="list-style-type: none"> • Difficulty thinking clearly • Feeling slowed down • Difficulty concentration • Difficulty remembering new information 	<ul style="list-style-type: none"> • Headache • Nausea or vomiting • Balance problems • Dizziness • Fuzzy or blurry vision • Feeling tired having no energy • Sensitivity to noise or light 	<ul style="list-style-type: none"> • Irritability • Sadness • More emotional • Nervousness or anxiety 	<ul style="list-style-type: none"> • Sleeping more than usual • Sleeping less than usual • Trouble falling asleep

An athlete should never return to play while symptomatic. When an athlete shows ANY SYMPTOMS or SIGNS of a concussion...

- ➔ The athlete should not be allowed to return to play in the current activity/game.
- ➔ The athlete should not be left alone, regular monitoring for deterioration is essential.
- ➔ The athlete should be medically evaluated.

In case of a life threatening emergency, immediately call 911