

drink 8 glasses of water a day
eat 5 fruits & vegetables each day

Cover Your Cough

Use seat belts

use car seats for infants and children

Brush and floss at least 2 times a day

Eat Healthy

Check for diabetes

Get Your Flu Shot



www.sedgwickcounty.org

Your Health *is in* Your Hands



if you need help finding a medical home or learning more about affordable health coverage options call 2-1-1

Wash Your Hands Often

Cover Your Sneeze

Rest when you're sick

Exercise 20 minutes a day

get mammograms

Check Your Blood Pressure

stay away from sick people

Get your children immunized



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working for you

United Way • AIRS

2-1-1

Get Connected. Get Answers.

Non-Emergency...or Emergency?

Non-Emergencies

- An earache
- Cold and flu symptoms
- Sunburn
- Minor cut (bleeding under control)
- Insect bites (with no breathing troubles)
- A fever (without convulsions)
- A skin rash
- A muscle strain

Treat with “self-care” or call your doctor for advice.

Emergencies

Require immediate medical attention!

- Severe bleeding that does not stop after 15 minutes of direct pressure
- Severe chest pain with: sweating, shortness of breath, dizziness, throwing up, and sick to your stomach
- Difficulty breathing
- Blacking out (fainting)
- Choking
- Swallowing poison
- Broken bone

For children:

- Breathing trouble
- Ongoing vomiting
- Bloody diarrhea
- Stiff neck with fever or headache
- High fever (do NOT give children aspirin)

Important Information to Carry in Your Wallet or Purse...

- Name and number of your doctor; health plan information
- Name and number of relative or friend in case of emergency
- List of allergies
- List of medical problems (ex. diabetes, high blood pressure)
- List of prescriptions and dose you take



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Your Health is in Your Hands

Sore Throat

Symptoms

- Sore throat; red, irritated throat
- Neck feels swollen
- Difficulty swallowing

Self-Care Treatment

- Drink fluids
- Gargle with warm salt water
- Use cough drops

When to get medical care

- Fever 101 or higher
- White spots in your throat
- Difficulty breathing
- Rash

Cuts & Scrapes

Symptoms

- Minor cut or scrape of the skin with little bleeding

Self-Care Treatment

- Apply pressure 15 minutes to stop bleeding
- Prevent infection by cleaning with soap and water and hydrogen peroxide
- Antibacterial cream to help prevent infection
- Cover with bandage

When to get medical care

- Uncontrolled bleeding
- Large, deep cut
- Numbness
- Signs of infection (pus, swelling, pain, fever, redness, streaks)
- Can't hold edges of cut together

Earache

Symptoms

- Ears feel stuffy
- You can't hear well
- Itching
- Pain, redness or swelling

Self-Care Treatment

- Try to remove ear wax with "ear wax remover"
- Use decongestants, antihistamines, vaporizers
- Do NOT use cotton swabs in your ears

When to get medical care

- Fever 102 or higher
- Severe ear pain
- Pus or bloody discharge
- Ringing in the ears, dizziness
- Recent head trauma

Fever

Symptoms

- Hot and sweaty
- May have chills
- Body aches

Self-Care Treatment

- Drink fluids to prevent dehydration
- Take lukewarm bath or sponge bath
- Take anti-fever medicine (aspirin/aspirin substitute)

When to get medical care

- Fever 103 or higher
- Fever with rash, stiff neck, severe headache, confusion
- Painful urination
- Severe back or abdominal pain

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Check for diabetes
 Exercise 20 minutes a day
 Check Your Blood Pressure
 Cover Your Cough
 use car seats for infants and children
 get mammograms
 stay away from sick people
 Rest when you're sick
 drink 8 glasses of water a day
 Cover Your Sneeze

Headache

Symptoms

- Head throbs
- Nausea
- Tension in the head, neck and shoulders
- Sinus pain

Self-Care Treatment

- Rest and massage sore muscles in your shoulders and neck
- Use ice packs to your neck and forehead
- Use heat on your sinus pain
- Take aspirin/aspirin substitute

When to get medical care

- Unusually severe head pain
- Fever 102 or higher
- Slurred speech, changes in vision
- Weakness in arms or legs

Cough

Symptoms

- Dry cough or mucus-producing cough
- Coughing can be caused by a cold, allergy or some irritant (like smoke)

Self-Care Treatment

- Drink fluids
- Use a vaporizer
- Use cough drops
- Use a cough syrup with “expectorant”
- Don’t smoke

When to get medical care

- Fever 102 or higher
- Shortness of breath
- Severe chest pains
- Bloody, brown or green mucus

Stuffy Nose

Symptoms

- Can’t breathe through your nose
- Stuffy feeling in your nose
- May have runny nose
- May have colored discharge from your nose
- Pressure or pain above or below eyes

Self-Care Treatment

- Drink fluids
- Use a vaporizer or heat pack on your cheekbones and forehead
- Use nasal sprays and decongestants

When to get medical care

- Fever of 102 or higher
- Bloody, brown or green discharge
- Pain in the forehead, cheeks and teeth

Low Back Pain

Symptoms

- Back aches
- Hurts to move

Self-Care Treatment

- Drink fluids to prevent dehydration
- Take lukewarm bath or sponge bath
- Take anti-fever medicine (aspirin/aspirin substitute)

When to get medical care

- Fever 103 or higher
- Fever with rash, stiff neck, severe headache, confusion
- Painful urination
- Severe back or abdominal pain



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Cover Your Sick People
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Check Your Blood Pressure
Get mammograms

When you go to the doctor...

Ways to help your doctor help you...

1. **Bring in a list of medications you are currently taking.** This should include any vitamins you take as well as over-the-counter and prescribed medications. Prescription drug names can be hard to remember, so if you have it written down, you'll be prepared.
2. **Know and write down your medical history.** Include things like any major surgeries you had, such as having an appendix removed. Also, write down conditions your parents, grandparents and siblings have had. Many diseases and conditions are passed down through your family so your doctor needs to know if a disease is common in your family.
3. **Bring in your test results and doctors' notes to follow-up appointments.** If you are referred to a specialist for care, bring in the results from your other doctor. More information is always better.
4. **Make a list of your concerns.** Write down and bring a list of your top three concerns for each visit. You may get nervous and forget to ask about something that has been bothering you.
5. **Ask for clarification.** If you do not understand something the doctor is telling you, ask them to repeat it or explain it in different words. Try to repeat back what they have said to you in different words. If the doctor is going too fast, ask him or her to slow down because you want to be sure you understand what is going on.
6. **Bring your insurance card and I.D., if you have one.** This will save you time and potential delays when you check in to see the doctor. Again, more information is better.

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Sedgwick County...
working for you

Your Health is in Your Hands

Dental Clinics...if you need a dental home

8

The following dental providers are available for uninsured, low income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an appointment or ask about their sliding fees. **Hours and services subject to change. Information listed provided by individual clinics.**

Center for Health and Wellness, Inc.

Address: 2707 E 21st (67214)

Phone: 316-691-0249

Services: Cleanings, sealants, fluoride, education, referral for all other health services.

Hours: Wed. 8 a.m.-5 p.m.

GraceMed Evergreen Children's Clinic

Address: 2700 N Woodland (67204)

Phone: 316- 832-1631

Patients: Adults and Children

Services: Cleanings, x-rays, sealants

Hours: Mon. - Fri. 8 a.m. - 5 p.m.

E.C. Tyree Dental Clinic

Address: 1525 N. Lorraine (67214)

Phone: 316-681-2545

Patients: Children and adults

Services: Cleanings, fillings, extractions.

Hours: Mon., Wed. and Thur. 9 a.m.-8 p.m.,
Tue. 9 a.m. - 5 p.m.; Fri. 9 a.m.- 1 p.m.

GraceMed Healthy Children's Clinic

Address: 1233 S Emporia (67211)

Phone: 316-973-4110

Patients: Adults and Children

Services: Cleanings, x-rays, sealants

Hours: Mon. - Fri. 8 a.m. - 5 p.m.

GraceMed Dental Clinic

Address: 1122 N. Topeka (67214)

Phone: 316- 866-2020

Patients: Children and adults

Services: Cleanings, fillings, root canals, extractions, crowns, partials, bridges, dentures

Hours: Mon. - Thurs. 8:00 a.m. - 6:00 p.m.;
Friday 8 a.m. - 5:00 p.m.

GraceMed Downing Children's Clinic

Address: 2201 E. 25th N. at Gordon Park's Academy (67219)

Phone: 316-558-3150

Patients: Adults and Children

Services: Cleanings, x-rays, sealants

Hours: Mon. - Fri. 8 a.m. - 5 p.m.



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If you need help finding a medical home or learning more about affordable health coverage options, call 2-1-1 or visit www.sedgwickcounty.org

Your Health is in Your Hands

The following dental providers are available for uninsured, low income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an appointment or ask about their sliding fees. **Hours and services subject to change. Information listed provided by individual clinics.**

Healthy Options for Kansas Communities (HOP)

Address: 3620 E Sunnybrook, Ste. C (67210)
Phone: 316-651-0062
Patients: Children and Adults
Services: Cleanings, extractions, x-rays, sealants, fillings, fluoride treatment, root canals, crowns and dentures.
Hours: Mon.—Th 8:30 a.m. - 8:30 p.m.;
 Friday 8:30 a.m.—5 p.m.; Sat &
 Sun 9 a.m. - 1 p.m. (twice a month)

Hunter Health Clinic

Address: 2318 E Central (67214)
Phone: 316-269-0677
Patients: Adults and Children
Services: Cleanings, extractions, x-rays, root canals, sealants and fillings.
Hours: Mon. and Wed. 8 a.m. - 5 p.m.
 Tues and Th 8:30 a.m. - 8 p.m.
 Friday 8:30 a.m. - noon

Wichita State University Dental Hygiene Clinic

Address: WSU Campus, 1845 Fairmount,
 1st Floor of Ahlberg Hall (67260)
Phone: 316-978-3603
Patients: Children and adults
Services: Cleanings, sealants, x-rays, exams
Hours: Mon. - Thurs. Call for times.

Sedgwick County Health Department

Address: 1900 E 9th (67214)
Phone: 316-660-7317
Patients: Income Eligible Children age 5-15
Services: Cleanings, x-rays, fluoride treatment, sealants, simple extractions
Hours: Mon- Fri. 8:00 a.m. - 5:00 p.m.



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Check for diabetes
 Exercise 20 minutes a day
 get mammograms
 Cover Your Blood Pressure
 Cover Your Cough
 use car seats for infants and children
 drink 8 glasses of water a day
 Cover Your Sneeze
 stay away from sick people
 Rest when you're sick

Community Clinics...if you need a health care home

The following **primary care and medical home providers** are available for uninsured, low-income, Medicaid, and Medicare clients. Most services are available on a sliding scale. Call to make an appointment or ask about their sliding fees. ****Hours and services subject to change. Information listed provided by individual clinics.****

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Specialty Services	Other Info
Center for Health and Wellness 691-0249	2707 E 21 st St. (67214)	✓	Medical: M - F 8 a.m. - 6 p.m.	✓	✓	OB/Prenatal Care; Pediatrics; Prevention and Wellness; Behavior Health; Hypertension & Diabetes Mgmt; Early Detection Works; HIV Testing; Lab Services	SRS Outstation site; Medication Assistance Program; Project Access
E. C. Tyree Health Clinic 681-2545	1525 N. Lorraine (67214)	✓	M, W, Th 9 - 8 p.m. Tues. 9 - 5 p.m. Fri. 9 a.m. - 1 p.m.	✓	✓	Hypertension & Diabetes Mgmt; Pediatric through Adult services; Free/low-cost in-house medications; free HIV Testing	Evening Hours; Migrant Farmworker Program; Project Access; Early Detection Works; Prescription Assistance
Good Samaritan Clinic 688-5020	3701 E 13 th St. Bldg. 400 (67208)	✓	M, Th noon - 5 p.m.; T, F 9 a.m. - noon; W noon - 4 p.m.	✓	✓	Developmental Pediatrician	Mobile Medical and Indigent Medical Satellites
GraceMed Health Main Clinic 866-2000	1122 N. Topeka (67214)	✓	Medical: M - F 8 a.m. to 5 p.m.	✓	✓		Project Access; HealthWave Enrollment; Rx Assistance; Early Detection Works; Migrant Farmworker Program
GraceMed Healthy Children's Clinic 973-4110	1233 S. Emporia: Lincoln Elementary (67211)	✓	M - F 8 a.m. to 5 p.m.	✓	✓	Pediatric Medical Care	HealthWave Enrollment
GraceMed Evergreen Children's Clinic 832-1631	2700 N Woodland: Evergreen Park (67204)	✓	M - F 8 a.m. to 5 p.m.	✓	✓	Pediatric & Adult Medical Care	HealthWave Enrollment

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More Community Clinics...if you need a health care home 12

Clinic Name and Phone Number	Address	Provide Primary Care	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Specialty Services	Other Information
Hunter Health - Diabetes Care Center 303-9595	238 N. Waco (67202)		M - W 7 a.m. to 5 p.m.; Th 7 a.m. - 7 p.m.; F 8:30 a.m. to 3 p.m.	✓	✓	Diabetes Care; Optometry	Community Health Center, Health Care for the Homeless Center, Urban Indian Health Clinic
Hunter Health - Interfaith Ministries 858-1151	841 N. Broadway (67214)	✓	M - Th 8:30 a.m. to 5 p.m.	✓	✓		Community Health Center, Health Care for the Homeless Center, Urban Indian Health Clinic

If you need help finding a medical home, learning more about affordable health coverage options, or “self-care” tips, call 2-1-1 or visit www.sedgwickcounty.org



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Limited Medical Service Clinics

The providers listed below serve specific populations, provide specialized services, or offer service during non-traditional hours. These services are provided for uninsured, low-income, Medicaid, and Medicare clients. Most services are available on a sliding scale.

Clinic Name and Phone Number	Address	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Services Provided	Other Info
Mother Mary Anne Clinic 689-5121	1152 South Clifton (67218)	3 p.m. to 9:30 pm Mon. - Sat. Hours may change to meet seasonal needs. Call to confirm.	✓	✓		Non-emergency primary care as an alternative to emergency room use in the evening hours
Sedgwick County Health Department 660-7300	2716 W. Central (67203)	Mon., Tues., Wed & Fri. 8 a.m. to 6 p.m.; Thurs. noon to 6 p.m.	✓	✓	Immunizations · Family Planning · Prenatal Care · STD Care · Early Detection Works (Breast and Cervical Cancer Detection) · Lab Services	

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More Limited Medical Service Clinics

Clinic Name and Phone Number	Address	Hours	Accept Medicare/Medicaid	Accept Private Insurance	Services Provided	Other Info	
Hunter Health - Wichita Child Guidance 686-6671	415 N. Poplar (67214)	Mon-W 8 a.m.-7 p.m.; Thurs. 8 a.m.-8 p.m.; Fri 8 a.m.-2 p.m.	✓	✓	Mental Health—children	Community Health Center, Health Care for the Homeless Center, Urban Indian Health Clinic	
COMCARE First Appointment Intake and Assessment center—660-7540	1919 N Amidon, Suite 100 (67203)	Mon—Fri 8 a.m. to 5 p.m. with exceptions listed.	✓	✓	Mental health and addiction services	Mental Health Services for Adults Who have a serious mental illness	
Community Support Services—660-7700	1929 W 21st S N (67203)		✓	✓			
Center City (Homeless Program) - 660-7800	154 N Topeka (67202)		✓	✓			
Crisis Intervention—660-7500 (24-hour emergency) Crisis Admin—660-7525	934 N Water (67203)	24/7	✓	✓			Suicide Prevention
Adult Outpatient Services—660-7675	1919 N Amidon, Suite 130 (67203)		✓	✓			
Children's Services—660-9600	7701 E Kellogg, Suite 300 (67207)		✓	✓			
Addiction Treatment Services—660-7550	940 N Waco (67203)	Mon—Thurs 8 a.m. to 9 p.m. Fri 8 a.m.- 5 p.m.	✓	✓			Substance Use Outpatient Treatment for Adults
Sedgwick County Offender Assessment Program—660-1900	1720 E Morris, Suite 101 (67211)	24/7	✓	✓			

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