



Occidental College Wellness Newsletter

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What's the Difference Between Urgent Care or Emergency Care?

Choosing the appropriate place of care not only ensures prompt and adequate medical attention, it also helps reduce unnecessary medical expenses. Although urgent care centers are usually more cost-effective, they are not a substitute for emergency care.

URGENT CARE

Many urgent care centers offer after hours care. Unlike emergency rooms, they are not equipped to handle life-threatening situations. Rather, they are designed to address **conditions where delaying treatment could cause serious problems or discomfort.**

These conditions can be treated in an urgent care:

- Cuts that require stitches
- Ear infections
- Sprains and strains
- Diagnostic tests such as x-rays or labs
- Fever or the flu
- Vomiting, diarrhea or dehydration

EMERGENCY ROOM

The emergency room (ER) is equipped to handle **life-threatening injuries and illnesses** and other serious medical conditions. Patients are generally seen according to the seriousness of their conditions in relation to other patients.

Go to the nearest ER if you experience any of the following:

- Compound fractures or other broken bones
- Uncontrollable bleeding
- Seizures
- Shortness of breath, chest pain or difficulty breathing
- Poisoning

Be prepared for emergencies:

- Learn CPR and first aid
- Keep a first aid book handy
- Know the location of the closest emergency and urgent care facility
- Understand your insurance policy
- Have medical history available
- Always carry your ID and insurance cards (or download the USleb mobile app on your phone)

AT HOME EMERGENCY KITS

For many situations having an emergency kit stocked at home, or in the car can alleviate many common ailments through at-home care.

Examples of Home Care Conditions:

- Minor cuts and sprains
- Fever below 102°F
- Headache, sore throat, cold

HOME EMERGENCY KIT SUPPLIES AND OVER THE COUNTER AIDS:

- Bandages, sterile gauze pads and tape, moleskin, antibacterial ointments, scissors
- Thermometer, tweezers, ice pack, hot water bottle
- Pain and fever medications, antacids
- Nasal bulb syringe, decongestants, antihistamines
- Sunblock, anti-itch products, anti-diarrheal products

Recipe Feature

Pesto Pasta & Potatoes

(12 servings)

Prep/Total Time: 30 minutes

Ingredients

- 1-1/2 pounds small red potatoes, halved
- 12 ounces uncooked whole grain spiral pasta
- 3 cups cut fresh or frozen green beans
- 1 jar (6-1/2 ounces) prepared pesto
- 1 cup grated Parmigiano-Reggiano cheese



Directions

- Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 8-10 minutes. Drain; transfer to a large bowl.
- Meanwhile, cook pasta according to package directions, adding green beans during the last 5 minutes of cooking. Drain, reserving 3/4 cup pasta water; add to potatoes. Toss with pesto, cheese and enough pasta water to moisten.

Nutrition Facts

3/4 cup: 261 calories, 10g fat (3g saturated fat), 11mg cholesterol, 233mg sodium, 34g carbohydrate (2g sugars, 5g fiber), 11g protein.

Source: USI Production Health Management; [Tasteofhome.com/recipes/pesto-pasta-potatoes/](https://tasteofhome.com/recipes/pesto-pasta-potatoes/)