

Virtual Toolkit

Whether you're at home, at work, or on the go, this toolkit provides guidance for managing minor injuries and handling a summer scare.

What's included?

- A guide to minor injury care at home
- Steps to handle a summer scare



Caring for minor issues at home

Minor cuts & scrapes

- Wash your hands thoroughly with soap and water to prevent infection.
- 2 Stop the bleeding by applying gentle pressure with a clean cloth or sterile gauze.
- Clean the wound by rinsing the cut under running water. Use mild soap around (not in) the wound.
- 4 Apply a thin layer of antibiotic ointment to keep the wound moist and help prevent infection.
- Use a sterile bandage or adhesive strip to cover the cut. Change the dressing daily or whenever it becomes wet or dirty.
- 6 Look out for signs of infection and seek medical attention if you notice redness, swelling, pus, increased pain, or fever.

Minor burns (first-degree)

- 1 Immediately run cool (not cold) water over the burn for 10–15 min. If water isn't available, apply a cool, wet cloth.
- 2 Gently remove any tight items like rings, bracelets, or tight clothing around the area before swelling starts.
- 3 Apply petroleum jelly 2–3 times a day on the burn. Avoid using antibiotic ointments or butter as they can cause irritation or infection.
- 4 Cover the burn using a nonstick, sterile bandage. Wrap it loosely to protect the area and reduce pain.
- 5 Let the burn heal naturally. Don't pop the blisters, they protect the skin and help prevent infection.
- If needed, take acetaminophen or ibuprofen for pain relief.

Common cold

- **Sleep**—your body needs rest to fight off the infection.
- Soothe your throat with lozenges, warm tea with honey, or gargle with warm salt water.
- **Ease congestion** with a saline nasal spray or rinse, and steam from a hot shower.
- Use over-the-counter pain relievers for aches and fever and decongestants or antihistamines for stuffy nose.

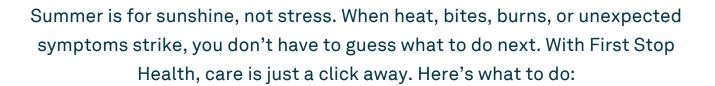


Need care? We're here 24/7.

Ask questions, get relief, and soothe worry when you can talk with board-certified doctors in minutes. **Scan to get started!**



How to handle a summer scare.





1. Assess your symptoms

Take a moment to check how you feel. Do you have a rash, bug bite, or sunburn that's getting worse? Are you feeling overheated or dehydrated? If you're experiencing an emergency, call 911.



2. Request a virtual urgent care visit

Request a visit using our mobile app or website. Talk with a board-certified doctor via phone or video in minutes. No commute, no hassle!



3. Feel better, faster

Get expert medical advice tailored to your needs, including:

- Diagnosis and treatment with prescriptions when appropriate*.
- Peace of mind and a clear plan of action on what to do next.
- At-home recommendations for managing your symptoms.

