

# Visiting the Emergency Room

## Series 1

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When we arrive, we will go to a desk to check in. Someone will ask my name and what is wrong. After we check in, me and my grown-up might need to wait for a few minutes or longer before a nurse calls my name. We are waiting because the doctors are helping people one at a time. We will sit in chairs in the emergency room while we wait.

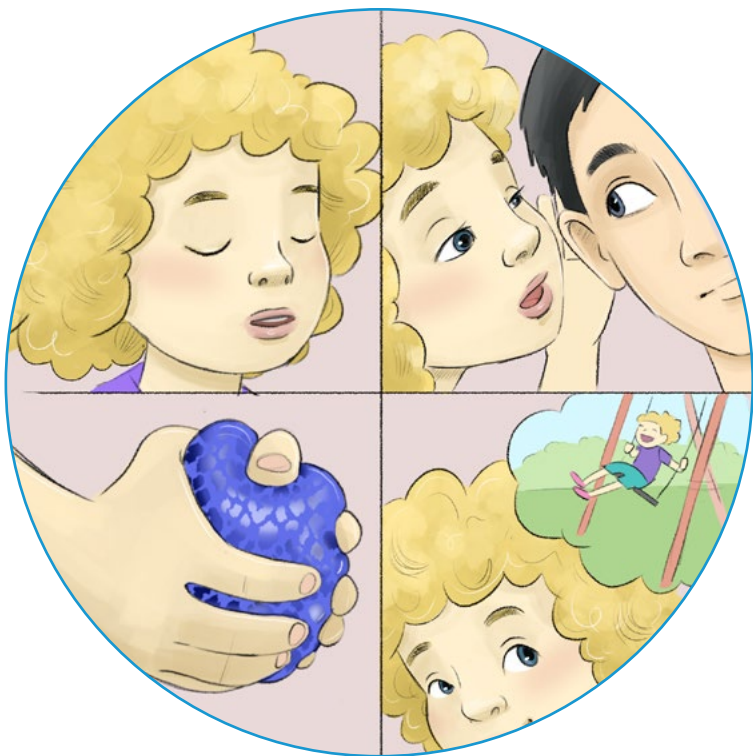


Sometimes people get hurt or feel sick and need help right away. When that happens, we go to the emergency room. Doctors and nurses in the emergency room help people who need quick care to feel better. Going to the emergency room can help me get the right care fast.

I might go to the emergency room in a car or an ambulance. If I ride in an ambulance, there may be flashing lights and siren sounds. Those lights and sounds help the ambulance get to the hospital quickly.



In the emergency room, there may be bright lights, loud noises, and people talking or moving quickly. The emergency room can be busy because many people might need help. Some people might be sitting, lying on beds, or talking with nurses and doctors. It is okay if someone looks hurt or upset. The doctors and nurses are taking care of them and helping them feel better.



If I start to feel scared or worried, I can tell my grownup and use my calm-down strategies. I can squeeze my comfort toy, take deep breaths, count slowly, or imagine a happy place.



When it is my turn, a nurse will take us to a room. The room may have bright lights, a bed, and medical tools.

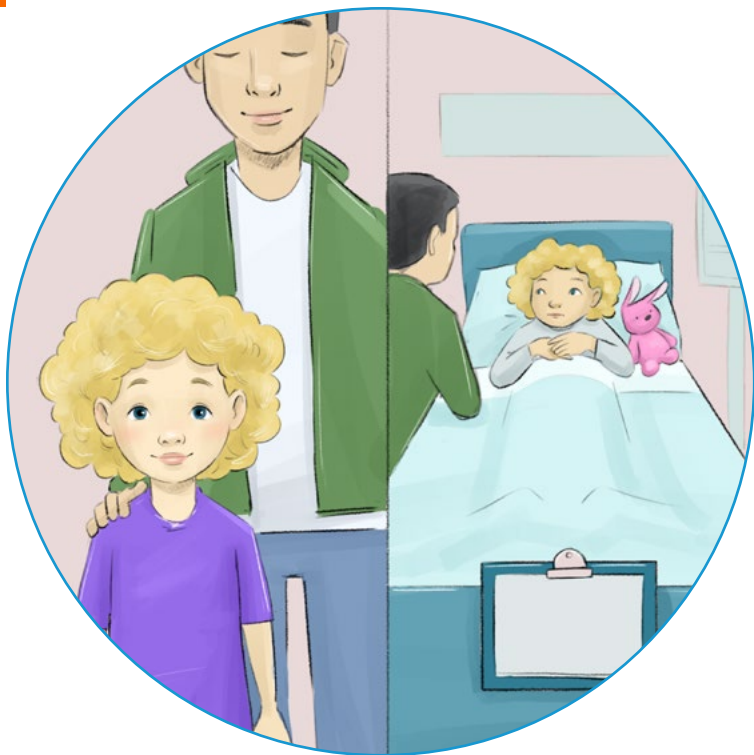
A nurse may check my temperature, heart rate, or blood pressure. These tests help the doctor understand how my body is feeling. Sometimes machines beep or make sounds, but those sounds are normal and show that the machines are working.

I can sit or lie down while the nurse helps me.



When the nurse is done taking tests, a doctor will come in to see me. The doctor may ask questions about how I feel or what happened. It is okay to answer the doctor's questions. The doctor is there to help.

The doctor might look in my ears, eyes, or mouth, or listen to my chest with a stethoscope. Sometimes doctors will order special tests.



When the doctor finishes checking me, they might give me medicine, bandages, or other treatments.

Sometimes we can go home after the visit, but sometimes we might need to stay at the hospital longer so that the doctors can keep helping. The nurses will explain what happens next.



When the visit is done, I can feel proud that I was brave. Going to the emergency room helps my body stay healthy and safe. The doctors, nurses, and my family are proud of me for doing my best.



# Autism TOOLKIT

[autismtoolkit.org](https://autismtoolkit.org)

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