

# SPORTS

▶ Injury & illness treatment and referral information

## WITH ALL INJURIES:

- **QUICK ASSESSMENT**  
Ideally by a trained first aider:  
Can the patient get to the sideline?  
If not, call 111.
- **AT THE SIDELINE:**
  - Provide immediate treatment
  - Provide information on what to do and where to seek further treatment.
- **OPTIONS FOR FURTHER TREATMENT:**  
**Weekdays:**  
Call your general practice (GP) or Healthline on 0800 611 116.  
**Weekends:**  
For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.

### Sprain, strain & possible fracture

**IMMEDIATE TREATMENT**  
Check the injured area

*Where to go next*

#### Home (Self Care)



To rest and follow RICED guidelines if minor swelling and bruising.

#### Weekday

**1**

Call your general practice (GP) if in pain or can't use limb as normal.

#### Weekend

**2**

Visit an after hours service if can't use limb as normal and it's very painful.

#### Emergency

**3**

Go to the Emergency Department if in severe pain and limb is pale, cold and/or deformed.

### Cuts and wounds

**IMMEDIATE TREATMENT**  
Clean Cover Check

*Where to go next*

#### Home (Self Care)



To rest and monitor minor wounds.

#### Weekday

**1**

Call your general practice (GP) if wound is gaping, has something in it, or is not healing after 2 days.

#### Weekend

**2**

Visit an after hours service if wound is gaping, has dirt or something else in it.

#### Emergency

**3**

Go to the Emergency Department if wound is large or deep and there is large blood loss.

### Head injury

**IMMEDIATE TREATMENT**  
Check concussion symptoms: unconscious, drowsy, can't move limbs, vomiting

*Where to go next*

#### Home (Self Care)



To rest and monitor, if minor knock to head.

#### Weekday

**1**

Call your general practice (GP) if in severe pain or brief loss of consciousness.

#### Weekend

**2**

Visit an after hours service if any loss of consciousness or in severe pain.

#### Emergency

**3**

Call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body.

**ALL:** If concerned, call local doctor or Healthline **0800 611 116**. If an emergency, **call 111** or go to ED.