

staying HEALTHY



New EZ Care open along Route 1

Seven years ago (in August 2011), EZ Care opened as a weekend-only clinic on Horizon Health's main campus. Today, the clinic offers convenient, non-emergency medical care seven days a week in a new building along Route 1 South in Paris.

The new EZ Care not only provides more space than its previous locations, but also includes X-ray services.

The building also houses a second service, the NAL Health Clinic, which is dedicated solely to NAL employees and their families.

EZ Care is a walk-in medical clinic similar to an immediate or quick care clinic found in retail stores. The clinic treats minor conditions such as ear, nose and throat infections, flu symptoms, pink eye, rashes, burns, and bug bites in patients three months and older. Some minor procedures can be performed.

EZ Care is staffed by board-certified physician assistants and nurse practitioners. Because EZ Care is a medical clinic and not

an emergency department, patients are treated on a first-come, first-served basis, regardless of their reason for treatment or severity of condition. No appointments are taken.

Whether you go to EZ Care or the emergency room is initially your decision. Keep in mind that an emergency department treats the sickest patients first – not on a first-come, first-served basis – and longer wait times can sometimes be expected. Additionally, emergency department charges are higher than those at convenient care clinics. The provider on duty at EZ Care will ultimately determine whether your condition should be treated in the clinic or the emergency department.

After your visit to EZ Care, all follow-up care will be performed through your primary care provider, who will be notified of your EZ Care visit.

EZ Care is open Monday through Friday from 9 am to 7 pm, and Saturday and Sunday from 10 am to 6 pm. The clinic is open 362 days a year, closed only on Easter, Thanksgiving, and Christmas.

Carrie Cunningham, FNP-C

Carrie is the manager of the EZ Care walk-in clinic. She joined Horizon Health in June 2018.



"It's exciting to be part of a growing service that is meeting a significant need in our community," she said. "Urgent care clinics are becoming increasingly popular. This is a great opportunity to use my experience to help improve the health and wellness of the people we serve."

Carrie has more than seven years of experience as a family nurse practitioner in the Wabash Valley. She has been a registered nurse for the past 10 years.

Prior to joining Horizon Health, Carrie's work experience included urgent care, emergency medicine, family practice, and industrial health.

Carrie earned her master of science degree and bachelor of science degree in nursing from Indiana State University. She is a member of the American Association of Nurse Practitioners.

Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

(217) 465-4141

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

EZ Care or the ER?

EZ Care is an urgent care, non-emergency walk-in clinic that treats a variety of health conditions (see front page article). It should be used to treat minor illnesses and injuries when your regular provider is not available.

The emergency department treats illnesses and injuries as well, but should only be used for conditions that pose an immediate, serious threat to a person's health or life.

Refer to the charts on the right to learn the difference between EZ Care and the emergency department.

EZ Care

Children & adults

- Fever
- Headache/migraine
- Ear pain
- Sore throat
- Cough
- Congestion
- Asthma attack
- Kidney stones
- Diarrhea

- Dehydration

Infections

Bladder, urinary tract, skin, or eye.

Injuries

Cuts, burns, minor stitches, strains, sprains, sports injuries, minor broken bones, rash, or cold.



Emergency Department

Children & adults

- Difficulty breathing or severe asthma attack
- Pressure or tightness in chest
- Severe abdominal pain, persistent or severe vomiting
- Head injury with

loss of consciousness

- Bleeding that won't stop or large open wound
- Poisoning or drug overdose
- Broken bones through skin or with severe deformity

Call 9-1-1 in an emergency. Horizon Health EMS is available at (217) 466-4911 in instances where conditions are not life-threatening.

AUGUST & SEPTEMBER

Community Health Programs

DASHING TO THE DOC

Through August 23

- » This eight-week program is for students who have completed third, fourth, fifth, sixth, and seventh grades to help prepare them for the Doc Acklin Race August 25. The program takes place each Tuesday and Thursday at 6:30 pm at the Paris High School track. Cost is \$25, which covers the entry fee for the Doc Acklin race, water bottle, and a T-shirt. Scholarships are available. Call 217-466-4228.

BACK TO SCHOOL BANG

August 4

- » Now in its fourth year, this special health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to 1 pm in the Paris Clinic. Snacks, giveaways, area vendors, school/sports physicals and immunizations (9 am to noon) will be available. Normal copays for services provided will apply. Please bring your insurance card and immunization records. No appointment is necessary. Patients will be seen on a first-come, first-served basis.

FREE ADULT CPR/AED CLASS

August 6

- » The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

DINE WITH A DOC

August 8

- » Connie Rhoads and Terra Ogle, licensed clinical social workers at Senior Care, will be the featured speakers at this free monthly program at 11 am at the Sutton Senior Center in Paris. Sponsored by Senior Education Ministries.

COACHES' COOKOUT

August 9 (Register by Aug. 1)

- » All area coaches are invited to attend this free event at Paris High School at 6:30 pm. Attendees will hear from two physicians who will discuss sports-related topics. Free dinner and door prizes will be available. Email AAntkiewicz@myhorizonhealth.org or call 217-466-4244.

MONTHLY HEALTH SCREENINGS

August 10, September 14

- » Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglicerides) screenings, 7 to 9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

ACKLIN OPEN RACE & INVITATIONAL

August 25

- » Horizon Health and Paris High School will sponsor this third annual event in memory of the late Dr. James Acklin. An invitational for local cross country teams will follow. The event will take place at the high school, with the 3-mile open race beginning at 7:30 am. Cost is \$10 or \$20 with T-shirt. To sign up, visit MyHorizonHealth.org/DocAcklinRace.

BEE WELL FUN RUNS

September 6–October 11

- » The Edgar County Bee Well group is sponsoring a six-week series of free fun runs for children of all ages and abilities. All races take place on Thursday at 6 pm at West Lake Park in Paris. Registration not required.

MOVIE NIGHT

September 22

- » Join Horizon Health for this free community appreciation event sponsored at dusk at Twin Lakes Park. Free popcorn and drinks will be available. The name of the movie will follow.