

My Daily Helper

Pink Bunny & Friends

Going to the Emergency Room



**A Social Story About
Getting Urgent Medical Help**

1

I Need Urgent Care



Sometimes an illness or injury needs urgent help from a medical team.

Ask Together

What is the safe choice in this step?



We Travel to the Hospital



My trusted adult takes me to the emergency room or follows emergency instructions.

Ask Together

What is the safe choice in this step?



We Check In



We share my name, symptoms, medicines, allergies, and important information.

Ask Together

What is the safe choice in this step?



I Wait With Support



The sickest patients may be helped first. I use a comfort item while we wait.

Ask Together

What could help your body during this step?



A Nurse Checks My Body



A nurse may check my temperature, heartbeat, breathing, and other signs.

Ask Together

What is the safe choice in this step?



I Explain How I Feel



I can speak, point, use pictures, or use my device to explain.

Ask Together

What is the safe choice in this step?



The Doctor Examines Me



The doctor tells me before checking my body. I can ask questions.

Ask Together

What is the safe choice in this step?



I Use My Coping Tools



Breathing, headphones, breaks, and a trusted person may help me cope.

Ask Together

What is the safe choice in this step?



We Get a Care Plan



The team explains treatment, warning signs, and what happens next.

Ask Together

What is the safe choice in this step?





I communicated with the care team and used support during an unfamiliar visit.

Ask Together

What safe choice are you proud of?

