

# Important numbers

## Wairarapa After Hours

Weekend service 9am – 5pm

Based at Masterton Medical 06 370 0011

## Medical centres

Masterton 06 370 0011

Whaiora 06 370 0818

Kuripuni 06 377 4093

Carterton 06 379 8105

Greytown 06 304 9012

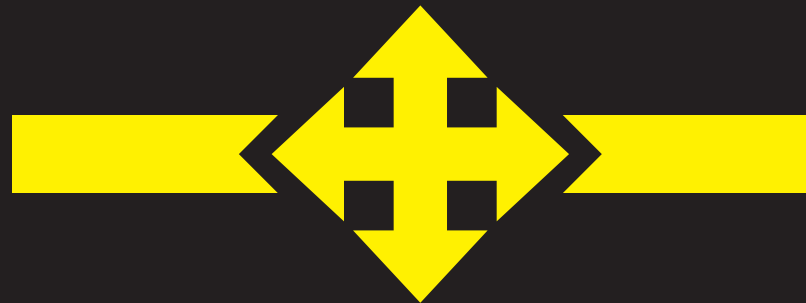
Featherston 06 308 9220

Martinborough 06 306 9501

**Emergency 111**

# Sports Injury

treatment & referral  
information




## With all injuries

- Quick assessment ideally by trained first aider: can they 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 family doctor or Healthline 0800 611 116
  - Weekends/Public holidays: After Hours 9am - 5pm Phone 06 370 0011

## Sprain, strain & possible fracture

- Immediate treatment**
- Check the injured area

### Where to go next:

 **Home:** to rest and follow RICED guidelines if minor swelling and bruising

**1 Weekday:** call family doctor if in pain or can't use limb as normal


**2 Weekends:** visit After Hours if can't use limb as normal and very painful

**3 ED:** go to ED if in severe pain and limb is pale, cold and/or deformed

## Cuts & wounds

- Immediate treatment**
- Clean
  - Cover
  - Check

### Where to go next:

 **Home:** to rest and monitor minor wounds

**1 Weekday:** call family doctor if gaping wound, has dirt or something inside wound or if not healing after 2 days

**2 Weekends:** visit After Hours if gaping wound, has dirt or something inside wound

**3 ED:** go to ED if large or deep wound and large blood loss

## Head injury

- Immediate treatment**
- Check concussion symptoms: unconscious, drowsy, can't move limbs, confused, vomiting

### Where to go next:

 **Home:** if minor knock to head to rest and monitor

**1 Weekday:** call family doctor if any loss of consciousness or in severe pain

**2 Weekends:** visit After Hours if any loss of consciousness or in severe pain

**3 ED:** call 111 if unconscious or go to ED if drowsy, acting strange, vomiting, can't move parts of body