



**SAN ANTONIO REGIONAL HOSPITAL**

999 San Bernardino Road, Upland, CA 91786 Phone: (909) 985-2811

## **EMERGENCY DEPARTMENT**

**Patient Name:**

**LOCKETT, KAI ALDINE**

**DOB:** 12/30/2006

**MRN:** 2447510

**FIN:** 5702625

**Visit Date:** 07/24/2023

**Current Date/Time:** 07/24/2023 12:32:55

## **Pediatric Patient Discharge Instructions**

San Antonio Regional Hospital would like to thank you for allowing us to assist you with your healthcare needs. The following includes patient education materials and information regarding your illness/injury.

Please make an appointment with your physician within two weeks and bring all of your medications and prescriptions to the appointment (unless otherwise instructed).

## **What to do next**

### **You Need to Schedule the Following Appointments**

**Follow Up with** Follow up with PCP  
in 2 to 3 days

**When** Within 1 to 2 days

**Why:** Follow up with PCP for reevaluation and further testing if needed. For worsening symptoms or concerns return for reevaluation. Do not take any fish oil, vitamin supplements, or heavy fish diet, rice in diet that may alter metal results. Poison control did recommend following up with PCP and doing a 24 hour urine collection to evaluate for metals.

**Where:**

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## **The Following Appointment Has Been Scheduled for You**

### **Future Appointments**

No Future Appointments Scheduled

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# Medications and Prescriptions

San Antonio Regional Hospital ED Providers have provided you with a list of medications at discharge. Unless otherwise noted, continue to take medications as prescribed prior to the Emergency Room visit. Do not stop taking your medications without talking with your physician. Any specific questions regarding your ongoing medications and dosages should be discussed with your physician(s) and pharmacist.

**Please check the medication list below**

If a Pharmacy Name is listed, a prescription has been sent directly to that Pharmacy – Pick up your prescription at the listed pharmacy.

If you have been given printed prescriptions, please take to a Pharmacy to be filled.

# Medications and Immunizations Administered

## If You Received Sedation:

- Do not drive or operate machinery for 24 hours after receiving sedation or while taking pain medication.
- Do not drink alcoholic beverages for 24 hours after receiving sedation or while taking pain medication.
- Do not make important decisions or sign legal documents for the next 24 hours after receiving sedation.

## Results and Diagnosis

### Your Results

Laboratory or Other Results This Visit (last charted value for your 07/24/2023 visit)

#### Urinalysis

07/24/2023 11:16 AM

**UA Appear:** Clear

**UA Color:** Yellow

**UA Spec Grav:** 1.019 -- Normal range between ( 1.002 and 1.029 )

**UA Bili:** Negative

**UA pH:** 5.0 -- Normal range between ( 5.0 and 8.0 )

**UA Urobilinogen:** Negative

**UA Blood:** Negative

**UA Glucose:** Negative

**UA Ketones:** Negative

**UA Protein:** Negative

**UA Nitrite:** Negative

**UA Leuk Est:** Negative

**UA RBC for UMIC:** <1 /HPF

**UA WBC for UMIC:** <1 /HPF

**UA Epith:** <1 /HPF

**UA Mucous:** Present

**UA Bacteria:** NONE /HPF

**UA Ascorbic Acid:** Negative

#### Chemistry

07/24/2023 10:54 AM

**Creatinine Lvl:** 1.01 mg/dL -- Normal range between ( 0.70 and 1.30 )

**Sodium Lvl:** 138 mmol/L -- Normal range between ( 136 and 145 )

**Potassium Lvl:** 4.3 mmol/L -- Normal range between ( 3.3 and 5.2 )

**Chloride Lvl:** 107 mmol/L -- Normal range between ( 98 and 107 )

**CO2:** 25 mmol/L -- Normal range between ( 20 and 31 )

**AGAP:** 6 mmol/L -- Normal range between ( 5 and 15 )

**BUN:** 10 mg/dL -- Normal range between ( 9 and 23 )

**Glucose Lvl:** 85 mg/dL -- Normal range between ( 60 and 100 )

**Calcium Lvl:** 9.1 mg/dL -- Normal range between ( 8.3 and 10.6 )

**Albumin Lvl:** 4.7 g/dL -- Normal range between ( 3.2 and 4.8 )

**Total Protein:** 7.8 g/dL -- Normal range between ( 5.7 and 8.2 )

**Alk Phos:** 77 U/L -- Normal range between ( 46 and 116 )

**AST:** 28 U/L

**ALT:** 62 U/L -- Normal range between ( 10 and 49 )

**Bili Total:** .30 mg/dL -- Normal range between ( .20 and 1.20 )

#### Hematology/Coagulation

07/24/2023 10:54 AM

**HCT:** 45 % -- Normal range between ( 36 and 55 )  
**WBC:** 9.5 x10(3)/mcl -- Normal range between ( 4.3 and 10.2 )  
**RBC:** 5.83 x10(6)/mcl -- Normal range between ( 4.60 and 5.40 )  
**Hgb:** 14.6 gm/dL -- Normal range between ( 13.6 and 16.3 )  
**Platelet:** 295 x10(3)/mcl -- Normal range between ( 150 and 450 )  
**MCV:** 77 fL -- Normal range between ( 80 and 99 )  
**MCH:** 25.1 pg -- Normal range between ( 28.3 and 31.1 )  
**MCHC:** 33 gm/dL -- Normal range between ( 30 and 36 )  
**RDW:** 15.4 % -- Normal range between ( 11.1 and 14.7 )  
**MPV:** 8.5 fL -- Normal range between ( 7.4 and 10.4 )  
**% Neutro:** 53 % -- Normal range between ( 45 and 76 )  
**% Lymph:** 32 % -- Normal range between ( 6 and 42 )  
**% Mono:** 11 % -- Normal range between ( 3 and 8 )  
**% Eos:** 4 % -- Normal range between ( 0 and 8 )  
**% Basophil:** 1 % -- Normal range between ( 0 and 1 )  
**# Neutro:** 5.0 x10(3)/mcl -- Normal range between ( 1.0 and 8.5 )  
**# Lymph:** 3.0 x10(3)/mcl -- Normal range between ( 1.2 and 4.0 )  
**# Mono:** 1.0 x10(3)/mcl -- Normal range between ( 0.1 and 1.1 )  
**# Eos:** 0.4 x10(3)/mcl -- Normal range between ( 0.1 and 0.7 )  
**# Basophil:** 0.1 x10(3)/mcl -- Normal range between ( 0.0 and 0.2 )

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## Your Diagnosis

Altered mental status  
Rash  
Exposure to mercury

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## Your Allergies

No Known Allergies

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## Your Care Team

**Nurse Practitioner -** Ibarra FNP-C, Beaivana C.  
Tackett FNP-C, Amber N.

**Primary Nurse:**  
Selina

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## My Health Records

All of your **physician's notes, lab results, radiology results** and **discharge instructions** can be viewed and downloaded on San Antonio Regional Hospital's patient portal. All documents and results are available immediately after they are finalized.

To access this, you need a *My Health Records* account. A registration representative may have sent you an invitation to your personal email. Follow the instructions in the email to create your account. Or to self-enroll, go to **SARH.org**. then click on the *My Health Records* button (found on top green banner) and follow the prompts.

- When creating your *My Health Records* account, please use your **MRN** as your personal identifier. Your **MRN** is **2447510**

If you already have an account, go to <https://4myhealth.iqhealth.com> to log in.

If you have questions or need assistance with creating a *My Health Records* account, please call (909) 694-1088 or email [MyHealthRecords@sarh.org](mailto:MyHealthRecords@sarh.org)

Scan Here to Visit

[My Health Records](#)



## Education Materials

### Preventing Mercury Exposure

Mercury is a naturally occurring metal found in air, water, and soil. It can be harmful to your health if you are exposed to a lot of it. Mercury gets into the environment through:

- Spills.
- Throwing away things that contain mercury, such as fluorescent light bulbs or glass thermometers.
- Burning certain materials, such as coal and hazardous waste.

### How can mercury exposure affect me or my loved ones?

Exposure to mercury can harm you in several ways. It can:

- Harm your kidneys, heart, and nervous system.
- Affect your skin by causing skin rashes.
- Cause memory problems.
- Harm a growing baby during pregnancy or breastfeeding.
- Cause developmental delays in children.

### What can increase my risk?

You are more likely to be exposed to mercury if:

- You eat seafood. Fish and shellfish may contain mercury if it is in the water where they were caught. Large fish that eat other fish may have more mercury in their bodies compared with smaller fish.
- You work in a place where mercury is used, such as a dental office or certain industrial jobs.

### What actions can I take to prevent exposure to mercury?

#### Eating and drinking



- **Do not** drink water that has been contaminated with mercury.
- Eat fish and shellfish that are known to have lower levels of mercury. These include:
  - Salmon.
  - Shrimp.
  - Tuna.
  - Pollock.
  - Tilapia.
  - Catfish.
  - Cod.

- Avoid eating fish that tend to be higher in mercury. These include:
  - Tilefish.
  - Shark.
  - Swordfish.
  - King mackerel.

### Worksite precautions



- Follow worksite precautions if you work near mercury. This includes:
  - Avoid direct contact with mercury.
  - Wear chemical protective clothing and equipment, such as a mask, gloves, and goggles.
- If you get mercury on your clothing:
  - Quickly take off all contaminated clothing and quickly and gently blot or brush away excess chemical.
  - Wash gently and thoroughly with lukewarm, gently flowing water and non-abrasive soap for 5 minutes.
  - Dispose of the contaminated clothing according to your workplace's guidelines.
- If you get mercury on your face:
  - Quickly and gently blot or brush chemical off the face.
  - If you get the chemical in or near your eyes, immediately flush the contaminated eye(s) with lukewarm, gently flowing water for 5 minutes, while holding the eyelid(s) open.
- If you swallow or inhale mercury:
  - Rinse your mouth with water.
  - Move to fresh air.
- Talk to your employer to make sure they comply with national safety standards.

### General instructions

- Call your local poison control center or your health care provider immediately if you have been exposed to mercury.
- Read seafood advisories. Check information from your local health department to find out whether seafood and shellfish caught in your area are safe to eat.
- Dispose of mercury safely. Find out how to properly throw away thermometers, light bulbs, and other items that contain mercury. Check with your local government office. You can also check online for guidelines from the U.S. Environmental Protection Agency (EPA): <http://www.epa.gov>

## Where to find more information

Visit these websites to learn more about mercury exposure:

- U.S. Environmental Protection Agency (EPA): <http://www.epa.gov>
- U.S. Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>
- Poison Centers/Poison Help: <https://www.poisonhelp.org>

For information about mercury exposure at work:

- U.S. Occupational Safety and Health Administration (OSHA): <https://www.osha.gov>

For more information about mercury in seafood:

- Visit the U.S. Environmental Protection Agency (EPA) website: <http://water.epa.gov>

## Get help right away if you:

- Have symptoms of mercury exposure, such as:

- Tremors.
- Mood or behavior changes.
- Skin rash.
- Memory problems.
- Coordination problems.
- Difficulty breathing.
- Coughing.
- Nausea and vomiting.
- Diarrhea.
- Eye irritation.
- Changes in vision.

**If you have been exposed to mercury, contact your local poison control center (1-800-222-1222 in the U.S.).**

## Summary

- Mercury is a naturally occurring metal found in air, water, and soil. It can be harmful to your health if you are exposed to a lot of it.
- You are more likely to be exposed to mercury if you eat seafood or you work in a place where mercury is used.
- To prevent exposure to mercury, check with your local health department to find out whether seafood and shellfish caught in your area are safe to eat. Eat mostly the types of fish and shellfish that are least likely to have mercury in them.
- Take steps at work to protect yourself from being exposed to mercury. This may include wearing protective equipment and following your workplace's rules.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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## San Antonio Regional Hospital is a San Bernardino County Vaccination Center

San Bernardino County has extended COVID-19 vaccinations to all people 6 months and older.

**COVID bivalent vaccines can be obtained at the following locations:**

**Sierra San Antonio Medical Plaza**

16465 Sierra Lakes Parkway, Fontana, California 92336

**Open to the Public for Vaccinations 7 Days a week**

Monday-Friday 9:00AM – 8:00PM

Weekends 9:00AM – 5:00PM

**Eastvale San Antonio Medical Plaza**

12442 Limonite Avenue, Eastvale, CA 91752

**Open to the Public for Vaccinations 7 Days a week**

Monday-Friday 9:00AM – 8:00PM

Weekends 9:00AM – 5:00PM

**Rancho San Antonio Medical Plaza**

7777 Milliken Avenue, Rancho Cucamonga, California 91730

**Open to the Public for Vaccinations 7 Days a week**

Monday-Friday 9:00AM – 8:00PM

Weekends 9:00AM – 5:00PM

**Scan the following QR code to schedule an appointment at any one of these locations**

<https://4myhealth.iqhealth.com/pages/myturnvaccinescheduling>

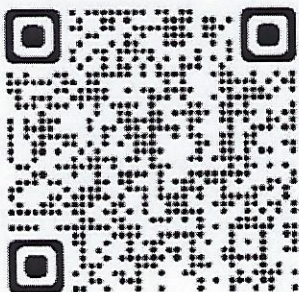


**Additional vaccination locations** and registration information for SAN BERNARDINO COUNTY can be found at <https://sbcovid19.com/vaccine>

## COVID-19 Information

For information regarding COVID-19, please visit the Centers for Disease Control and Prevention website. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html>

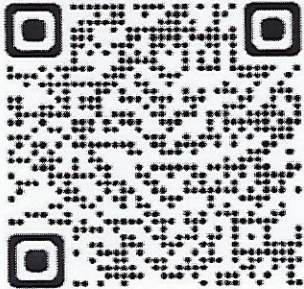
**Scan Here to Visit**



# Living Smoke Free Information

For information regarding programs to help you live free from smoking, vaping and smokeless tobacco, please visit the Kick It California website. <https://www.kickitca.org/>

**Scan Here to Visit**



## Child Safety Information

### **Did you know:**

Safety seats save lives. Failure to use a size appropriate restraint system may increase the risk of death or serious injury to a child in an accident. Traffic accidents are the leading cause of death for children 4 to 14 years of age. Nearly half of the children under the age of 14 who die in auto accidents are completely unrestrained. The National Highway Traffic Safety Administration (NHTSA) recommends that child safety devices be replaced following a moderate or severe crash.

### **Requirements:**

Regardless of age or weight all children must be in a child safety seat booster seat or seat belt while riding in a motor vehicle. Failure to properly secure a child in an appropriate safety device is illegal in California. You may receive a fine and or be ordered to attend an educational program.

- Children under the age of 8 must be secured in a car seat or booster seat in the back seat.
- Children who are 8 years of age **OR** have reached 4' 9" in height must be secured by a safety belt in the back seat.
- Passengers who are 16 years of age and over are subject to California's Mandatory' Seat Belt law.
- **Effective January 1, 2017** - Children under 2 years of age shall ride in a rear-facing car seat unless the child weighs 40 or more pounds **OR** is 40 or more inches tall. The child shall be secured in a manner that complies with the height and weight limits specified by the manufacturer of the car seat.

### **Exceptions:**

The court may exempt certain children from these requirements for reasons of physical unfitness, medical conditions, or size. In a life-threatening emergency or in emergency vehicles (if there is no child passenger restraint system available), a safety belt may be used in place of a child passenger restraint system. A child weighing more than 40 pounds may be transported in the back seat while wearing only a lap safety belt if the back seat is not equipped with a combination lap and shoulder safety belt.

A child under 8 years of age may ride properly secured in a federally-approved child passenger restraint system in the front seat if:

1. There is no rear seat.
2. The rear seats are side-facing jump seats.
3. The rear seats are rear-facing seats.
4. The child passenger restraint system cannot be installed properly in the rear seat.
5. All rear seats are already occupied by children 7 years of age or under.
6. Medical reasons necessitate that the child or ward not ride in the rear seat. The court may require satisfactory' proof of the child's medical condition.

If a car has an active frontal passenger airbag, the child may not be transported in a rear-facing child passenger restraint system in the front seat.

**Additional Information. Low-Cost Car Seats. Installation And Inspection Assistance:**

There are places and websites to receive free information on how to obtain, use or install a child safety seat safely.

1. Call (866) SEAT-CHECK or visit [seatcheck.org](http://seatcheck.org) or [nhtsa.gov/cps/cpsfitting/index.cfm](http://nhtsa.gov/cps/cpsfitting/index.cfm) to find a nearby location.
2. Visit [cdph.ca.gov/programs](http://cdph.ca.gov/programs) for inspection locations for your child passenger restraint system.
3. Call San Bernardino County Low Cost Car Seat Program (800) 782-4264 Option 7.
4. Call California Highway Patrol (909) 980-3994 for more information.

**Types of Child Restraint Systems:**

**Rear-Facing Seats:**

Keep infants in the back seat of a vehicle, in a rear-facing child safety seat, until reaching the upper weight and height limit of the seat (per the manufacturer). At a minimum, a child needs a rear-facing child safety seat until the age of 2 years OR the child weighs 40 or more pounds OR is 40 or more inches tall.

**Forward-Facing Seats:**

Toddlers (at a minimum of 2 years OR weighs 40 or more pounds) should ride in forward-facing child safety seats. Forward-facing child safety seats should be placed in the back seat. A child should ride in a forward-facing child safety seat until reaching the upper limit and height limit (per the manufacturer) of the seat. At a minimum, a child will need a forward-facing child safety seat until the age of 8 years.

**Booster Seats:**

Once children have outgrown forward-facing seats, they must ride in forward-facing booster seats until 8 years old or 4 feet 9 inches tall and the vehicle seat belts fit properly. Booster seats should be placed in the back seat.

Signs that a child has outgrown a booster seat and can use the vehicle seat belts include:

Wearing the vehicle shoulder belt across the middle of the chest and shoulder, **NOT** the neck.

Wearing the vehicle lap belt low and snug across the upper thighs, **NOT** the stomach.

Being able to sit against the vehicle seat back with knees bent over the vehicle seat bottom cushion. The vehicle seat belts usually fit properly when a child reaches a height of 4 feet 9 inches. This is usually between the ages of 8 and 12 years of age.

**Vehicle Seat Belts:**

Children under 16 years of age should continue to ride in the back seat, if available, using the vehicle equipped seat belts.

**You may also want to know that....**

A parent, legal guardian, or other person responsible for a child who is 6 years of age or younger may not leave that child inside a motor vehicle without being subject to the supervision of a person who is 12 years of age or older, under either of the following circumstances:

- a. When there are conditions that present a significant risk to the child's health or safety.
- b. When the vehicle's engine is running or the keys are in the ignition, or both.

It is illegal for a person to smoke a pipe, cigar, or cigarette in a motor vehicle in which there is a minor. (Health and Safety Code Section 118948)