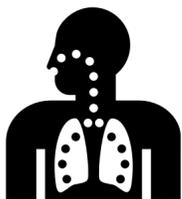




EMERGENCY ROOM, URGENT CARE, OR PRIMARY CARE?

When should you call 9-1-1?



Struggling to breathe OR you inhaled smoke or poisonous fumes



Signs of stroke such as numbness, slurred speech, severe headache, weakness on one side of the face/body or loss of consciousness



Symptoms of a heart attack: chest pain, pain in the left arm or the jaw, sudden weakness or dizziness



Life threatening injury

When should you go to the ER ?

- Fainting or passing out
- Broken bone
- Head or eye injury
- Severe cold symptoms that last longer than 5 days
- Severe flu symptoms such as fast breathing, confusion, sudden dizziness, or pressure in the chest
- Sudden high fever (>103 F adults, >102 F children)
- Fever with rash
- Fever in infants less than 3 months old (>100.4 F)

- Bleeding that won't stop or slow with pressure after 10 minutes or large open wound
- Vaginal bleeding while pregnant
- Throwing up everything for more than 8 hours
- Infant or child who has a very dry mouth, no tears, and no urine for more than 8 hours (infant) or 12 hours (child)
- Seizures without ever being diagnosed with epilepsy
- Deep cut
- Serious burn
- Severe pain, especially in the belly area

Urgent Care

An urgent care center is the right place to go for medical problems that need immediate - but not emergency- attention. Examples of these situations include:

- Minor sprain
- Sore throat
- Low grade fever (<100.4 for adults)
- Small cut
- Ear infection

Primary Care

- Symptom onset happens slowly
- Common illnesses: colds, mild flu, earache, sore throat, migraine, low grade fever
- Conditions that are not life-or-limb threatening but require care
- Sprain
- Increased urination with burning
- Mild asthma
- Rash without fever

REMEMBER: IF IN DOUBT, GET EMERGENCY CARE!

If you are not experiencing a life-threatening emergency, but are unsure where to go, check the back of your insurance card to see if there is a free "nurse call line" you could call for advice.