

Sick or injured: where should I go?

Always bring your list of current medications.



WHEN TO VISIT YOUR DOCTOR'S OFFICE (in person or virtually)

For care and treatment of non-urgent issues

For most medical concerns, contact your primary care provider first. Your doctor is your partner in good health and is most familiar with your medical history. Your doctor gives routine care and treatment when it is not an emergency.



Routine well visits



Preventative care



Immunizations or shots



Diabetes



Rashes



Cold and flu symptoms



Gastrointestinal issues



Sprains and strains



High blood pressure



Tooth pain



Sore throat



Pink eye



Lower back pain



Animal or insect bite



Urinary tract infection



Pelvic wellness



Ear pain



WHEN TO VISIT URGENT CARE

For immediate but not life-threatening needs

Urgent care can treat any health problem where you need to be seen quickly, but it is not an emergency. Urgent Care has evening and weekend hours when your primary care provider may not be available.



Sprains and strains



Stitches



Rashes



Cold and flu symptoms



Tooth pain



Sore throat



Pink eye



Lower back pain



Animal or insect bite



Urinary tract infection



Ear pain



WHEN TO VISIT AN EMERGENCY ROOM

For any life or death emergency or urgent after-hours need (open 24/7)

When having a life-threatening emergency, call 911.

You should follow up with your primary care provider after a visit to an emergency room.



Allergic reactions



Babies needing immediate care



Chest pain



Severe burns



Seizures



Serious eye or head injuries



Stroke symptoms



Severe abdominal pain



Broken bones



Rapid bleeding



Heart attack symptoms



High fevers



Breathing problems



Drug overdose or poisoning



Bad falls (for seniors)