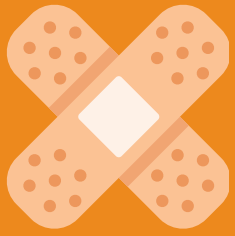


# URGENT CARE, PRIMARY CARE or EMERGENCY ROOM?

## WHICH ONE SHOULD YOU GO TO?

When accidents happen or sickness strikes, deciding in the moment where to go can be hard. Make the right choice.

PLEASE DO NOT VISIT THE EMERGENCY ROOM FOR COVID-19 TESTING



## URGENT CARE

Urgent care centers are for conditions or injuries that require professional care, but will not get worse if not immediately treated. Urgent care centers should be used only when your primary care physician is not available – such as after hours, on weekends, and during holidays.

- Asthma and upper respiratory problems
- Cold, cough, flu, fever, or sore throat
- Earaches and ear infections
- Migraine headaches
- Rashes, skin and eye infections
- Severe cuts that require stitches
- Stomach pain, nausea, diarrhea or vomiting
- Strains and sprains
- Urinary tract infections (pain or burning when urinating)



## PRIMARY CARE

Your primary care provider knows you, your health history and may be the perfect person to make sure you get consistent, quality care. If you are not feeling well, call your provider's office for guidance.

- Allergies and asthma
- Cough, cold, flu or sore throat
- Earaches and ear infections
- Issues with control of chronic conditions (for example: arthritis, COPD, heart disease, high blood pressure, diabetes or obesity)
- Skin problems
- Urinary tract infections (pain or burning when urinating)
- Any other persistent ongoing symptoms, especially if previously assessed by your provider



## EMERGENCY ROOM

If the situation requires immediate medical treatment, call 911 or go to the nearest emergency room.

- Broken bones
- Chest pains
- Head, spinal cord or back injuries
- Inability to breathe
- Severe bleeding
- Severe eye injuries
- Severe stomach pain
- Sudden change in mental state, sudden severe headache or other stroke symptoms

