


Primary Care Office, Urgent Care or Emergency Room?

A Guide to Help in Choosing Where to Go for Care



Not sure whether you need to go to your primary care provider's office, Urgent Care or the Emergency Room? In the event of an illness or injury, knowing where to go can be a big decision — especially if your primary care provider is not available. This guide can help you.

PRIMARY CARE	URGENT CARE	EMERGENCY ROOM
<p>It is suggested that you call your primary care provider when possible first, even after hours, for illness or injury.</p> <p>Most primary care offices have an on-call service that can assist you on what to do for your situation.</p> <p>Common conditions that your primary provider will see:</p> <ul style="list-style-type: none">• Animal or insect bites• Back pain or stiff neck• Burning with urination• Cuts requiring stitches• Dehydration• Ear or sinus pain• Eye swelling, irritation, redness or pain• Minor fevers• Minor headaches• Nausea, vomiting, diarrhea• Rashes, minor burns• Sore throat• Sprains, strains	<p>If you are experiencing a health condition that cannot wait until you can be seen by your primary care provider, an urgent care will see these conditions:</p> <ul style="list-style-type: none">• Animal or insect bites• Back pain or stiff neck• Burning with urination• Cuts requiring stitches• Ear or sinus pain• Eye swelling, irritation, redness or pain• Minor fevers• Minor headaches• Nausea, vomiting, diarrhea• Rashes, minor burns• Sore throat• Sprains, strains	<p>If you are experiencing any of the listed serious or life-threatening situations, go to the Emergency Room right away.</p> <ul style="list-style-type: none">• Chest pressure• Difficulty speaking, sudden dizziness or numbness in the face, arm or leg• Fractures with bones showing• Gunshot wounds• Lethargic or hard to wake• Loss of consciousness• Severe asthma• Severe allergic reactions• Severe abdominal or pelvic pain• Severe burn• Severe difficulty breathing or shortness of breath• Sudden, severe headache or vision loss• Stab wounds• Turning blue or pale <p> If you are in severe distress, seek medical care or call 9-1-1 right away!</p>

Trying to decide where to go? Know your options before you need them.

Talk to your primary care provider about your personal conditions and when you should seek urgent or emergency care. Conditions that should be considered:

- High fevers
 - Persistent vomiting
 - Shortness of breath
 - Blood sugar changes
 - _____
- _____
 - _____
 - _____
 - _____

My primary care provider is:

The number to call is:
