If you need care, but not sure what kind, CALL your 24-Hour Nurse Line.

Phone number: (_________)_________________________

CALL YOUR DOCTOR’S OFFICE
Start with your Primary Care Physician (PCP) when feeling ill.

Benefits:
♦ Your PCP coordinates your care with labs, diagnostic tests and specialists.
♦ Your PCP knows your health history best and can address multiple health concerns in one visit.
♦ Your PCP helps you manage chronic health issues in ways that fit your lifestyle and needs.

Symptom examples:
Sore throat, earache, allergies, cold/flu symptoms, preventative services, rash, anxiety, desire to quit smoking

GO TO AN URGENT CARE CENTER
Use Urgent Care when your PCP isn’t available.

Benefits:
♦ You can be seen after hours and on the weekends if your doctor is unavailable.
♦ You do not need an appointment to be seen, walk-ins are welcome.
♦ You will be able to have lab tests and x-rays.

Symptom Examples:
Minor broken bones, minor burns, moderate cuts/wounds, stitches, Sexually Transmitted Diseases (STDs) or cold/flu symptoms

GO TO THE EMERGENCY DEPARTMENT
The Emergency Department should ONLY be used for emergencies.

Benefits:
♦ Emergency Departments are best to treat serious life-threatening medical emergencies.
♦ They also have access to advanced diagnostic equipment and specialists.

Symptom Examples:
Heart attack symptoms, chest pain, numbness in limbs, difficulty breathing, sudden or unexplained loss of consciousness, uncontrollable bleeding

Disclaimer: If you feel that you are having an emergency, or a life-threatening situation that requires immediate attention, please call 911.