Getting the Right Care when <u>YOU</u> Need It

ALLIANCE for Better Health

HEALTHY CAPITAL DISTRICT INITIATIVE

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

Phone number: (_____)_____

Primary Care Doctor

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

Primary Care Doctor:

_____

Phone number:

_____

Website:

_____

URGENT CARE

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

Urgent Care Center:

_____

Address:

_____

Phone number:

_____

ED or 911

GO TO THE EMERGENCY DEPARTMENT

The Emergency Department should <u>ONLY</u> 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

Emergency Contact(s):

_____

_____

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