

I am sick. Where do I go?



See your Primary Care Doctor

Headache	Cold or Flu	Minor cuts and burns
Running nose	Sprains	Insect bites/rashes
Sore throat	Bladder infections	Allergies/sinus problems
Earaches	Nausea, vomiting	Prescription refills

Go to an Urgent Care

If you have the above problems and have tried to contact your doctor and cannot reach them.

If the doctor has told you to go to urgent care.

If you have any conditions that are not life threatening.

Go to the Emergency Room

Broken bones	Serious burns	Trauma
Deep cuts	Fainting	Severe diarrhea/dehydration
Head and eye injuries	Large wounds	Difficulty breathing
Vomiting blood	Severe asthma attack	High Fevers
Uncontrolled bleeding	Life threatening injury	

You Should Call 9-1-1

If you are having symptoms of a heart attack such as, chest pain, pain in the left arm or the jaw, sudden weakness or dizziness.

If you have signs of a stroke such as numbness, slurred speech, severe headache, weakness on one side of the face or loss of consciousness.

Reviewed by a Clinician