IS IT URGENT OR AN EMERGENCY?
CHOOSING THE RIGHT MEDICAL CARE

Your doctor’s office can direct you to the best place to get medical help – even after hours. They can also answer your questions about COVID-19 testing, treatment, and vaccinations.

SEEK URGENT CARE
If your doctor’s office is unavailable, or you don’t have a regular doctor, visiting an urgent care center is your next best option in a non-emergency situation.

REASONS TO VISIT
• Doctor’s office is unavailable, or you don’t have a regular doctor
• Minor illnesses and injuries:
  – Cold, flu, or fever
  – Strains, sprains, or breaks
  – Infections
  – Mild burns
  – Allergies
• COVID-19 vaccination, testing, and questions about treatment for mild-to-moderate cases

GO TO THE HOSPITAL
Sometimes, you may have a medical emergency needing immediate attention, and that’s when you should go to your hospital’s emergency department.

REASONS TO VISIT
• Severe or life-threatening illnesses, injuries, or trauma:
  – Chest pain
  – Abdominal pain
  – Stroke
  – Severe head injury
• Severe COVID-19 symptoms
  – Persistent chest pain
  – Shortness of breath
  – Confusion
  – Can’t wake up or stay awake
  – Pale, gray, and/or blue skin, lips, or nail beds

IF YOUR MEDICAL SITUATION IS SEVERE OR LIFE-THREATENING, CALL 9-1-1.