

WHERE SHOULD YOU GO?

Retail Clinic vs. Urgent Care vs. Emergency Room



RETAIL CLINIC

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- Cold and mild flu symptoms
- Cough
- Sore throat
- Allergies
- Sinus pain and infection
- Pink eye
- Urinary tract infections
- Skin problems and rashes

- Ear pain or infection
- Fever without a rash
- Nausea, vomiting or diarrhea
- Childhood illness
- Vaccinations
- Persistent headache



URGENT CARE

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- Broken bones and dislocated joints that don't break the skin
- Persistent nausea, diarrhea or vomiting
- Mild to moderate asthma attack or difficulty breathing
- Flu symptoms with weakness or dehydration

- Cuts with controlled bleeding needing stitches
- Burns covering a small part of the body
- Sprains and strains
- Major back or joint pain
- Major headache
- Abdominal pain
- Injuries

EMERGENCY ROOM



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- Severe asthma attack
- Head injury with loss of consciousness or seizures
- Severe abdominal pain
- Seizure
- Deep wounds with lots of bleeding
- Severe burns over more than one part of the body
- Poisoning or overdose (800-222-1222/ Poison Help Hotline)
- Severe allergic reaction
- Altered mental state
- Vaginal bleeding or abdominal pain with pregnancy
- Multiple major injuries
- Severe depression
- Sudden impaired vision
- Major eye injuries
- Sudden severe headache
- Spinal injuries
- Broken bones that break the skin

Call 9-1-1 FOR A MEDICAL EMERGENCY, SUCH AS:

- Severe bleeding
- Severe chest pain or shortness of breath
- Severe injury
- Symptoms of stroke: paralysis or difficulty speaking
- Heart attack symptoms: severe chest pain with nausea, shortness of breath, dizziness, fatigue or cold sweat
- Overdose with loss of consciousness
- Suicidal thoughts/behaviors (988 Suicide and Crisis Lifeline)

