If I am sick or injured, where do I go?

(Or where do I take my child or parent?)

CALL OR SEE MEDICAL PROVIDER FOR

- **Runny nose**
- **Cold symptoms**
- **Sore throat**
- **Ear pain**
- **Toothache**
- **Fever > 100'F**
- **Chronic pain**
- **Pain with urination**
- **Nausea**
- **Dizziness**
- **Out of your medications**

GO TO URGENT CARE FOR

- **After office hours**
- **Weekends**
- **If you are unable to get ahold of your medical provider/doctor**
- **Needs imaging**
- **Broken bone or dislocation**
- **Deep cuts or wounds**

GO TO EMERGENCY ROOM OR CALL 911

- *Animal bites
- *Chest Pain
- *Seizure
- *Unable to perform normal daily activities
- *Change in skin, lips and/or Nail color to white or blue
- *Wheezing
- *Fainting
- *Fever higher than 101'F
- *Sudden weakness or numbness
- *Severely tired/or confused

- * Abdominal pain
- *High fever
- *Unable to breathe
- *You are breathing with your belly
- *You are having trouble breathing while walking/talking
- *Head injury or serious injury
- *Heart feels like it is beating Fast
- *Uncontrolled bleeding
- *Uncontrolled vomiting
- *Swallowed chemicals