

Where to Go for Care

Many of these conditions can be addressed by a Primary Care Provider. Call your PCP office first*. If symptoms are urgent, or you need care outside of your PCP office hours, consider Urgent Care. Only when symptoms are severe, should you visit the Emergency Department. If your symptoms appear life-threatening, call 9-1-1.

Mild to moderate symptoms listed below

Abdominal pain

Allergic reaction

Animal bite

Asthma attack

Broken bone

Burns

Chest pain, difficulty breathing

Concussion

Cough

Depression/anxiety/grief *if suicidal or unsafe behavior is present, go to the ER*

Diarrhea, nausea, vomiting

Dizziness *65 years or older, go to the ER*

Eye irritation or redness *if punctured or foreign body, go to the ER*

Fever *mild, no other concerning symptoms*

Headache *if worst headache of your life, go to the ER*

Minor wounds/lacerations

Numbness in arm or leg, difficulty speaking, facial drooping

Pregnant with minor symptoms *if bleeding or abdominal pain, go to the ER*

Rashes *if rapidly spreading, difficulty breathing, or neck pain, go to the ER*

Seizure without Epilepsy

Sinus pain

Shortness of breath

Sore throat

Sprained ankle

Urinary tract/bladder infections

Newborn <90 days of age

Fever *a rectal temperature greater than 100.4 degrees*

Routine care and concerns

Jaundice

Primary Care

Urgent Care

Online Urgent Care

Emergency Dept.

Call 9-1-1 for possible heart attack

Call 9-1-1 for possible stroke

Be sure to bring your list of current medications.

* Don't have a PCP? Find one that's nearby at SaintAlphonsus.org/PrimaryCare.