



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

Call 9-1-1 for possible heart attack

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

Call 9-1-1 for possible stroke

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



Be sure to bring your list of current medications.

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

Primary Care

Urgent Care

Online Urgent Care

Emergency Dept.