



Know Where to Go for Care

Primary Care

Your primary care doctor should be your first stop for most healthcare and is the best place to go for non-emergency care.

- Abdominal pain
- Asthma
- Burns/cuts
- Chronic condition management
- Cold/earache/sore throat
- Coordination with specialists
- Fever
- Flu symptoms (sudden fever, cough, congestion, body aches)
- Strains and sprains
- Minor injuries
- Rashes and hives
- Vaccinations
- Vomiting or diarrhea
- Wellness or preventive medicine visits

Urgent Care and Virtual Visit

Use urgent care or virtual visit if your primary care doctor is unavailable and if you cannot or should not wait.

- Abdominal pain
- Abrasions
- After office hours
- Allergies
- Asthma
- Bronchitis
- Burns
- Cold and flu symptoms
- Cuts that require stitches
- Fractures and sprains
- High fever
- Minor conditions
- Minor injuries
- Rashes and hives
- Respiratory infections
- Skin rashes
- Vomiting or diarrhea

Emergency Room

Emergency rooms are designed to handle life- or limb-threatening conditions.

- Broken or dislocated bones
- Chest pain
- Deep cuts or burns
- Loss of consciousness
- Seizures
- Serious allergic reactions
- Severe trouble breathing
- Trauma injuries

These lists are not all-inclusive.
Always rely on your best judgment to
determine if you need emergency care.

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