



## Where Should You Go for Care?

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### 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)
- Fractures 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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