Where to Go for Care

Call your primary care provider, even after hours, if you are unsure where to go.

**PRIMARY CARE OFFICE**

The go-to place for managing your health care. Your primary care provider knows your medical history best.

**OPEN:** Weekdays. Some offices have early, late and weekend appointments. Providers always on call.

**GOOD FOR:**
- Annual physicals
- Routine screenings
- Vaccines
- Sprains and strains
- Chronic conditions
- Medicine refills
- Colds and flu
- Anxiety and depression

**WALK-IN CLINIC**

Treatment for minor illnesses and injuries when you can’t wait for an appointment.

**OPEN:** Usually every day, morning to early evening.

**GOOD FOR:**
- Colds and flu
- Minor cuts and burns
- Sprains and strains

**URGENT CARE CENTER**

Immediate care for conditions that are not life-threatening. Shorter average wait times than the emergency room.

**OPEN:** Usually every day, morning to early evening.

**GOOD FOR:**
- Asthma
- Cuts requiring stitches
- Broken bones
- Concussions
- Vomiting and diarrhea

**EMERGENCY ROOM**

Immediate care for life-threatening conditions, including heart attack and stroke.

**OPEN:** Always.

**GOOD FOR:**
- Fever in a child less than 3 months old
- Chest pain
- Shortness of breath
- Sudden numbness, weakness or speech difficulty
- Severe belly pain
- Coughing or vomiting blood
- Uncontrolled bleeding
- Mental health crisis

This is a general guide. Cost, hours and available treatment will vary.