

## Walk Right In, No Appointment Needed

Monday through Friday, 8 AM – 8 PM  
Saturday and Sunday, 8 AM – 4 PM

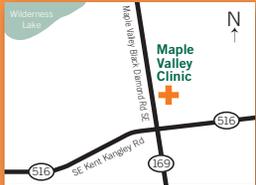


Visit [valleymed.org](http://valleymed.org) to view clinic wait times and get in line online—we'll text you when it's time to come in.



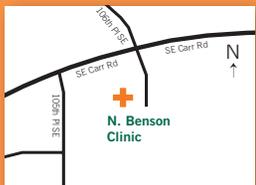
### Covington Clinic South

27500 168th Place SE  
Covington, WA 98042  
Tel: 253.395.2006



### Maple Valley Clinic

26458 Maple Valley  
Black Diamond Rd SE  
Maple Valley, WA 98038  
Tel: 425.656.5506



### North Benson Clinic

10555 SE Carr Road  
Renton, WA 98055  
Tel: 425.656.4270



### Renton Landing Clinic

1205 N 10th St, Ste A  
Renton, WA 98057  
Tel: 425.656.4211

## Maintain Your Health— Partner with a Primary Care Medical Provider

Emergency Room and Urgent Care clinicians help you through sudden or unexpected medical situations. When you visit the ER or Urgent Care, you will see the clinician who is on duty. In contrast, your relationship with a primary care provider is an on-going healthcare partnership.

Your primary care provider knows you and your medical history, working with you to monitor and improve your health through all life's stages. Serving as your personal health advocate, your primary care provider will:

- Help you manage chronic conditions like diabetes, high blood pressure, asthma, obesity, elevated cholesterol and more
- Refill prescriptions
- Refer you to specialists for coordinated care
- Advise you about preventive care and screenings, including immunizations, mammograms, cervical cancer tests, colonoscopies

If you don't have a primary care provider, find one today. We can match you with the perfect family or internal medicine clinician to provide your primary care needs. Visit [valleymed.org](http://valleymed.org) or call 425.277.DOCS.

### We're in Your Neighborhood

To find your nearest VMC Urgent Care or Primary Care Clinic, visit [valleymed.org/clinics](http://valleymed.org/clinics).

UW Medicine

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MEDICAL CENTER

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# Urgent Care

Walk-in care for unexpected  
sniffles, aches and bruises

- 7 days per week
- No appointment necessary
- View wait times and get in line online



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## Urgent Care vs. Emergency Care

### When the Unexpected Happens, Should You Go to Urgent Care or the Emergency Room?

It hurts. It itches. It's swollen. It's after hours. Use the chart below to help guide your decision on where to seek treatment for an illness or injury.

Urgent Care is a great choice when you can't wait for an appointment with your primary care provider, or when you need medical care after hours for non-life-threatening conditions.\* No appointment necessary—just walk right in. Wait times are typically shorter, and co-pays and out-of-pocket costs are usually lower than an ER visit.

You should seek Emergency Care if you believe lack of immediate medical attention will likely result in any of the following:

- Serious risk to a person's health (or a pregnant woman's unborn child)
- Serious impairment of a person's bodily functions
- Serious malfunction of one or more of a person's body organs or parts

\* IV fluids, IV medications or injectable narcotics are unavailable at Urgent Care.

### URGENT CARE

- Allergies
- Asthma attack (mild or moderate)
- Minor broken bones with no skin penetration
- Burns (minor)
- Upper respiratory infections—coughs, congestion, fever or flu symptoms, sinus problems, sore throat, bronchitis
- Earaches and eye or skin infections
- Adult flu shots
- Insect bites or rashes
- Migraines
- Minor cuts/wounds/stitches
- Minor head injuries
- Nausea, vomiting and diarrhea
- Pregnancy tests
- Sprains, strains or deep bruises
- Bladder infections

### VS.

### EMERGENCY

- Asthma attack (severe)
- Broken bones (where bone is visible)
- Burns or electrical shock (severe)
- Coughing or vomiting blood
- Difficulty breathing
- Poison ingestion
- Severe diarrhea or dehydration
- Shock
- Trauma or serious head injury
- Uncontrollable bleeding or amputation
- Vaginal bleeding during pregnancy

### Tip: Preparing for an Emergency

Should you arrive at the ER unconscious or unable to respond to questions, you can help the medical staff obtain critical medical information about you by listing "ICE" entries in your cell phone.



For example, "ICE—wife" or "ICE—Mom." ICE, which stands for "In Case of Emergency," is immediately recognized by medical professionals.

### Time is of the Essence—Call 911 if You Have These Conditions:

- **Stroke:** Sudden dizziness, numbness or paralysis, difficulty seeing or speaking, or loss of consciousness
- **Heart attack:** Chest pain with pressure sensation or pain radiating into jaw, teeth, shoulder or back; or palpitations with dizziness; or shortness of breath, sweating and/or nausea or vomiting
- **Severe abdominal pain**
- **Seizure**

**When life-threatening emergency is suspected, call 911.**