

Know Where to Go

When the unexpected happens, choose the care you need

ILLNESS / CONDITION	Quick Care	Urgent Care	Emergency Room	Call 911	
Allergies	■	■		CALL 911 IF LIFE-THREATENING EMERGENCY IS SUSPECTED	
Asthma attack	mild or moderate	mild or moderate	severe		
Broken bones		minor, no skin penetration	bone is visible		
Burns or electric shock	minor burns	minor burns	severe burns or electric shock		
Earaches and eye or skin infections	■	■			
Flu shots (adult)	■	■			
Insect bites or rashes	■	■			
Migraines	■	■			
Upper respiratory infections	coughs, congestion, fever or flu symptoms, sinus problems, sore throat, bronchitis	coughs, congestion, fever or flu symptoms, sinus problems, sore throat, bronchitis	coughing or vomiting blood		
Cuts/wounds/stitches	minor cuts or wounds	minor cuts or wounds	uncontrollable bleeding or amputation		
Head injuries	minor	minor	serious or trauma		
Nausea, vomiting and diarrhea	mild or moderate	mild or moderate	severe		
Poison ingestion			■		
Pregnancy tests	■	■			
Shock			■		
Sprains, strains or deep bruises	■	■			
Bladder infections	■	■			
Vaginal bleeding during pregnancy			■		
Difficulty breathing			moderate		(severe) Call 911
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					Call 911
Seizure				Call 911	
Severe abdominal pain				Call 911	
Stroke Sudden dizziness, numbness or paralysis, difficulty seeing or speaking, or loss of consciousness				Call 911	

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