

# Know Where to Go

Choose the care you need

The symptoms listed here serve as a guide only and are not complete. Please think about the number of symptoms—several minor symptoms at the same time may add up to an emergency. If something happens and you aren't sure whether a visit to the emergency department is needed, go to the emergency department to be evaluated.

		Primary Care	Primary Care Same Day Appointment*	Telehealth Primary Care & Urgent Care	Urgent Care	Emergency Department	Call 911
ILLNESS / CONDITION		(not equipped for life threatening emergency)					
Belly/abdominal pain	Extreme pain, unable to walk or do normal activities					moderate	(severe) Call 911
Breathing trouble						moderate	(severe) Call 911
Drug overdose/poisoning	Rapid heartbeat, dilated pupils, aggression, confusion, dizziness, vomiting, gurgling sound from blocked airway, unconscious, blue fingers or lips, not breathing						Call 911
Heart attack	Chest pain with feeling of pressure or pain spreading into jaw, teeth, shoulder or back; or fast-beating, fluttering or pounding heart with dizziness; or shortness of breath, sweating and/or nausea or vomiting						Call 911
Heat exhaustion	Sweating, dizziness, weakness, nausea					■	
Heat stroke	Hot/dry skin, confusion, seizures, unconscious						Call 911
Seizure							Call 911
Shock	Pale, cool or clammy skin, drowsy, dizzy, confused, not able to stand, unconscious						Call 911
Stroke	Severe headache, sudden dizziness, numbness or paralysis, hard to see or speak, or unconscious						Call 911
Vaginal bleeding during pregnancy						moderate	(severe) Call 911
Allergies/allergic reaction	■	■	■	■	■	rash & vomiting	**
Anxiety/depression	■	■			■		CALL 911 IF LIFE-THREATENING EMERGENCY IS SUSPECTED
Animal bite	■	■	■	■	■	severe	
Asthma attack		mild or moderate			mild or moderate	severe	
Bladder infections	■	■	■	■	■		
Broken bones		minor, no bone through skin			minor, no bone through skin	bone is visible	
Burns or electric shock	minor burns	minor burns			minor burns	severe burns or electric shock	
Chronic condition management: diabetes, high blood pressure, high cholesterol, obesity	■			primary care: diabetes, hypertension			
Cuts, wounds, stitches		minor			minor	uncontrollable bleeding or amputation	

\*limited availability & for established patients only \*\*trouble breathing, tight throat, severe reaction history

Continued on reverse

ILLNESS / CONDITION	Primary Care	Primary Care Same Day Appointment*	Telehealth Primary Care & Urgent Care	Urgent Care	Emergency Department	Call 911
	(not equipped for life threatening emergency)					
Dehydration/weakness		■		■	severe	CALL 911 IF LIFE-THREATENING EMERGENCY IS SUSPECTED
Diarrhea, nausea, vomiting	■	■	■	■	severe	
Eye or skin infections	■	■	■	■		
Fever > 100.4 °F or infection	■	■	■	■		
Head injuries		minor		minor	severe or trauma	
Immunizations	■					
Insect bites or rashes	■	■	■	■		
Joint/muscle pain	■	■	■	■		
Medicine management/refills	■			■	severe	
Migraines	■	■		■		
Motor vehicle accident	■	■		■	severe	
Opioid medication-assisted treatment					■	
Pain medicine	■		non-opiate medicine	■		
Physicals for camp, employment, school, sports	■			sports		
Screenings for preventive health (blood test, Pap, etc.)	■					
Sore throat	■	■	■	■		
Sprains, strains, deep bruises	■	■	■	■		
STD/STI testing	■		■	■		
Upper respiratory infections	bronchitis, coughs, congestion, fever, flu or COVID-19 symptoms, sinus problems, sore throat				coughing or vomiting blood	
Urinary tract infection	■	■	■	■	■	
Wellness exams for all ages	■					
Women's health: birth control, family planning, menopause	■					



Use the Google Translate app for your language

**WE ARE valley**  
VALLEY  
MEDICAL CENTER

### Primary Care

Covington, Kent, Newcastle,  
Maple Valley, Renton  
[valleymed.org/primary-care](http://valleymed.org/primary-care)

### Urgent Care

Covington, Maple Valley  
Check wait times & hop in line:  
[valleymed.org/wait-times](http://valleymed.org/wait-times)

### Emergency Department

400 S. 43rd St., Renton  
[valleymed.org/ED](http://valleymed.org/ED)

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