

# QUICK DECISION: WHERE TO GO *for* CARE

Most people know when a trip to the Emergency Room is in order. But, sometimes you may have more questions than answers. When it comes to choosing where to go for treatment, your selection could impact your costs, convenience and care.

## EMERGENCY ROOM

Patients should go to the ER for acute, sudden-onset symptoms and conditions or traumatic injuries, including:

- Severe physical trauma, car accidents, broken bones or dislocated joints
- A sudden and severe headache
- Severe flu or cold symptoms
- Severe pain
- Heart attack symptoms
- Severe shortness of breath, difficulty breathing or severe heart palpitations
- Unexplained and sudden clumsiness or fainting, or loss of balance
- Sudden vision change, including blurred vision, double vision or full to partial vision loss
- Sudden testicular pain and swelling
- Vaginal bleeding during pregnancy
- Seizures without a previous diagnosis of epilepsy
- Severe and persistent diarrhea or vomiting
- Head or eye injuries
- Newborn babies with a high fever
- Coughing up blood, blood in vomit or bright red blood in stool
- Deep cuts that require stitches
- Altered mental status or confusion

**CALL 911** if you are experiencing chest pain, severe bleeding, dizziness, nausea or any other side of head trauma or if your injuries or symptoms are or could become life threatening.

## URGENT CARE

Urgent Care is typically able to handle conditions such as:

- Allergies
- Earache
- Pink eye
- Respiratory problems
- Cold/Flu Symptoms
- Rash
- Fever of 103 or less
- Sore Throat
- Cough

## PRIMARY CARE

When it comes to you and your family's health and wellness, your Primary Care Physician (PCP) has a vital role to play. See your PCP for:

- Cough, cold or flu
- Ear infections or sore throat
- Minor injuries like sprains, bumps and bruises
- Skin problems
- Urinary tract infections
- Routine physicals and check-ups
- Ongoing care for treatment of chronic conditions such as Diabetes, Heart Disease, Allergies, Substance Abuse, etc.

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URGENT  
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What can be treated?

- Allergies
- Cold/Flu Symptoms
- Cough/Respiratory Problems
- Fever
- Sore throat
- Nausea

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