

When to Visit Primary Care:

Your primary care doctor is your partner in good health and your main point of contact for your health care needs. Your doctor gives you routine care and will treat you when you have a problem that is not an emergency. You should see your doctor once a year and as needed to help you with ongoing health problems. Your doctor usually can see you during the day Monday through Friday. **To find a primary care location near you, visit umcmg.org/primary.**



Routine Well Visits



Preventative Care



Immunizations or Shots



Diabetes (Sugar)



Rashes



Cold & Flu Symptoms



Colonoscopy



High Blood Pressure



Tooth Pain



Sore Throat



Pink Eye



Lower Back Pain



Animal or Insect Bite



Urinary Tract Infection



Pap Smear

When to Visit Urgent Care:

When your primary care doctor isn't available, or if you are hurt from an injury and you need to see a doctor quickly, urgent care is there to help you. Urgent care can treat any health problem where you need to be seen quickly but is **not** an emergency. Urgent Care has evening and weekend hours when your primary care doctor may not be available. **To find a ChoiceOne Urgent Care location near you, visit choiceoneuc.com.**



Sprains & Strains



Stitches



Rashes



Cold & Flu Symptoms



Tooth Pain



Sore Throat



Pink Eye



Lower Back Pain



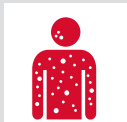
Animal or Insect Bite



Urinary Tract Infection

When to Visit the Emergency Room:

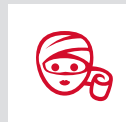
You should use the emergency room for any life or death emergency. You should follow up with your primary care doctor after a visit to emergency room. For more information about the emergency services at **UM Baltimore Washington Medical Center**, visit umbwmc.org.



Allergic Reactions



Babies Needing Immediate Care



Serious Eye or Head Injuries



Severe Burns



Suspected Drug Overdose or Poisoning



Severe Abdominal or Chest Pain



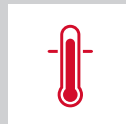
Breathing Problems



Stroke Symptoms



Heart Attack Symptoms



High Fevers



Altered Mental State (confusion, disorientation, memory loss, slow response)

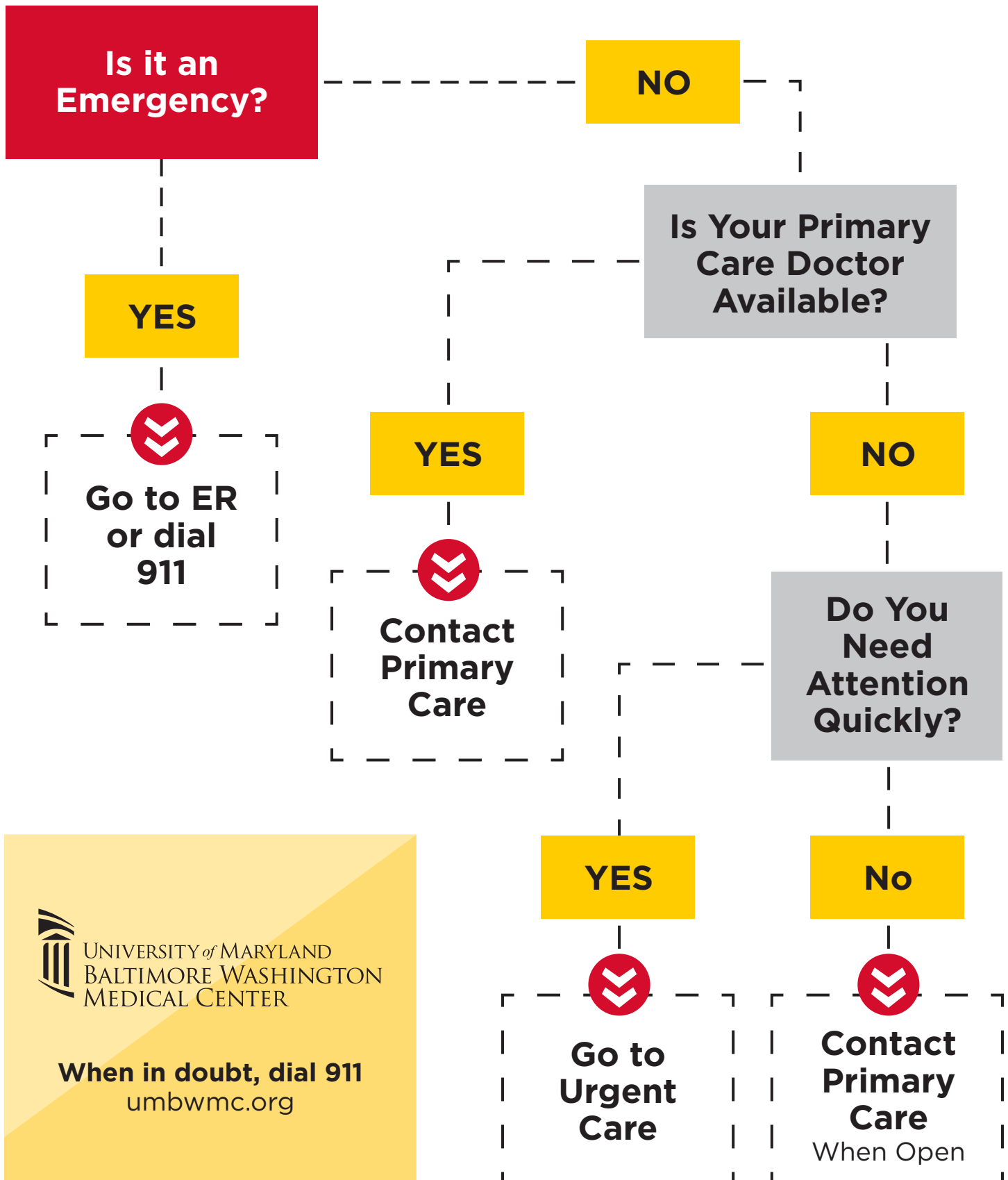


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When in doubt, dial 911 umbwmc.org

Choosing Your Health Care Path

Do you know if you should go to your primary care doctor, urgent care or the emergency room?
Use the chart below as a guide.



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When in doubt, dial 911
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