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.

- **Preventative Care**
  - Routine Well Visits
  - 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.

- **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.

- **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**
- **Heart Attack Symptoms**
- **High Fevers**
- **Stroke Symptoms**

*When in doubt, dial 911 umms.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.

Is it an Emergency?

YES

Go to ER or dial 911

NO

Is Your Primary Care Doctor Available?

YES

Contact Primary Care

NO

Do You Need Attention Quickly?

YES

Go to Urgent Care

No

Contact Primary Care When Open

When in doubt, dial 911 umms.org