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.

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. 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)
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
umbwmc.org