

Getting Medical Care

It can be hard to know where to go to get medical care. Choices include:

- A doctor's office, health clinic, free clinic or health department
- Urgent Care
- Emergency Department (ED)

Use these tips as a guide:

- Go to your **doctor's office or clinic** for:
 - ▶ Routine check ups
 - ▶ Minor injuries or illnesses such as colds, coughs, earaches, sore throats, headaches, and muscle or joint problems
 - ▶ Immunizations
 - ▶ TB skin testing
 - ▶ Sexual health problems
 - ▶ Managing high blood pressure, diabetes, high blood cholesterol, asthma, thyroid problems or seizures

Routine check ups can help prevent serious illnesses. Some doctor's offices or clinics have programs to help people with the costs of health care.

- Go to an **urgent care** for more serious injuries and illnesses. This includes vomiting or diarrhea that lasts more than one day and cuts that need stitches. These places may be open on weekends or later in the day when your doctor's office or clinic is closed.
- Call 911 to take you to the **Emergency Department (ED)** of a hospital right away if you have:
 - ▶ Chest pain
 - ▶ Trouble breathing or shortness of breath
 - ▶ Bleeding that will not stop
 - ▶ Numbness in the face, arm or leg or trouble speaking
 - ▶ Sudden dizziness, weakness, or change in vision

- ▶ Sudden or severe pain
- ▶ Sudden or unexplained loss of consciousness
- ▶ Confusion
- ▶ High fever with a stiff neck, confusion or a hard time breathing
- ▶ Coughing up or vomiting blood
- ▶ Active seizures
- ▶ Broken bones
- ▶ Vomiting or diarrhea where there is no urine for more than 8 hours

For a baby or young child, call 911 or go to the ED right away if he or she:

- ▶ Will not wake up easily
- ▶ Has lips that turn blue
- ▶ Has problems breathing
- ▶ Has a temperature above 100.4 degrees F or 38 degrees C taken under the arm. If your baby is 2 months old or younger, a rectal temperature should be taken.