

Urgent Care Centers are useful for minor burns or injuries, sprains or strains, coughs and colds, ear infections, fever, rash, mild asthma, animal bites, and minor broken bones. Call ahead and the clinic can advise you if they accommodate your condition otherwise they will direct you to the nearest emergency room. Often urgent care centers are not open on a continuous basis, unlike a hospital emergency department which would be open at all times.



Health Clinics - local facilities that provide care at no cost or on a sliding scale based on your income. They offer medical care for patients who cannot afford health insurance or are underinsured. These services include adult services which provide patients with medical treatment as well as educational programs and services. In addition, OB/GYN and pediatrics clinics provide an array of quality healthcare services and will assist patients with future family planning needs.

When a Health Clinic or Urgent Care Center can better meet your needs:

- Minor burns or injuries
- Sprains and strains
- Coughs, colds, and sore throats
- Ear infections
- Allergic reactions (non life-threatening)
- Fever or flu-like symptoms
- Rash or other skin irritations
- Mild asthma
- Animal bites
- Broken Bones

And when in doubt, call ahead. If the clinic in question can't accommodate your condition, they will advise you to go to the nearest emergency facility.

Health Care Helpline – Often staffed by professional nurses who provide hands-on care and answering questions over the phone. People can call for free information about staying well, assessing symptoms or with questions about a particular illness or disease.



Preventive Health Care
helps avoid trips to the Emergency Room and Health Clinics
Keep the dollars in your pocket!

The most important part of preventive health care is maintaining good health habits.

These include:

- Daily exercise
- Weight control
- Proper nutrition
- Avoidance of smoking and drug abuse
- Abstinence from, or moderation of, alcohol use
- Proper control of any diseases or disorders, such as high blood pressure, diabetes, or high levels of cholesterol in the blood