

Where do I go?

The Emergency Room? Health Clinic? Urgent Care Center?



Basic Health Tips to Save Your Dollars

- Base your choice based on the severity of the illness, condition.
- Use the Emergency Room for serious conditions, especially if life threatening.
- Avoid the Emergency Room for the less serious conditions.
- Explore your local health clinics before visiting an Urgent Care Center.
- Take care of yourself and your children – follow the preventive health care habits.
- Call a Health Helpline and seek health advice.

When you have a life-threatening situation, such as chest pain or a sudden severe pain, the emergency department of your nearest hospital is your only choice!



If you have any of the following:

CALL 9-1-1 or go to your nearest emergency room!



Chest pain



Difficulty Breathing



Blurry vision



Severe bleeding or trauma



Loss of consciousness

Emergency Rooms are equipped to handle even the most critical situations. Emergency Rooms and Trauma Centers are prepared to care for patients at high risk due to illness or injury. Urgent Care Centers are not. If you went to an urgent care clinic, they'd just send you to the ER in an ambulance.

Emergency services are available around-the-clock, every day of the year.

Your First Call for Help! Tu Primera Llamada Para Ayuda! **Premye Apel Pou Ede!** Sua Primeira Chamada Para Ajuda!
Dial 2-1-1 Marque 2-1-1 Rele 2-1-1 Ligue 2-1-1