

HEALTH

Weekly tips and advice from your neighborhood
UNC Health Blue Ridge Providers.

UNC
HEALTH®
Blue Ridge

HURRICANE HELENE



Help Rebuild



THANK YOU

To all of our HealthCare Heroes!

Please consider a gift to our Neighbors Helping Neighbors Fund



to support Patients, UNC Health Blue Ridge teammates, and UNC Health Blue Ridge during the aftermath of hurricane Helene as well as other future essential needs, as identified by the Blue Ridge HealthCare Foundation and UNC Health Blue Ridge. Scan QR Code or go to uncbr.org/donate.



Know where to go!

Depending on your needs, an urgent care or express care may be better choices than a trip to the emergency room.

Express Care

For: A sudden illness or injury that is non-life-threatening or when you need care and your doctor's office is closed. All express cares are connected to a primary care location.

Urgent Care

For: A sudden illness or injury that is non-life-threatening or when you need care and your doctor's office is closed.

Emergency Room

For: Very serious illness or injury that puts your life in danger.

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