

InstaCare or ER *Where do I go?*

When facing unexpected medical challenges, it usually is best to see your primary care physician first. If your primary care physician is unavailable, the InstaCare is the next best choice for urgent, non-life threatening medical problems.

SYMPTOMS TO SEEK CARE IN AN INSTACARE CLINIC

- Sore throats
- Cold & Flu Symptoms
- Ear infections
- Cuts needing stiches
- Urinary tract infections
- Sprains
- Fevers
- Minor Eye injuries
- Broken bones
- Rashes

SYMPTOMS TO SEEK CARE AT A HOSPITAL EMERGENCY ROOM

If are experiencing any of the following symptoms, call 911 or get to the nearest Emergency Room

- Chest Pain
- Difficulty breathing or shortness of breath
- Coughing or vomiting blood
- Numbness in face, arm or leg
- Seizures
- Sudden, severe headache
- Sudden blurred vision
- Sudden dizziness or loss of coordination
- Deep cuts or bleeding that won't stop
- Severe burns
- Abdominal pain
- Fever in infants under 3 months
- Thoughts of harming yourself or others
- Any other condition you believe is life threatening