



# Where should you go for care? *ER vs Urgent Care vs Primary Care*

## Start Here: *How bad do you feel?*



*If it's life-threatening  
or feels scary...  
**Go to the ER.***

- Chest pain or shortness of breath
- Heavy bleeding or broken bones
- Fainting, sudden confusion or vision loss
- Severe abdominal pain or vomiting blood
- Head injury or loss of consciousness



*If it's not an emergency  
but you can't wait  
days to feel better...  
**Visit Urgent Care.***

- Fever that won't break
- Cough, sore throat or sinus infection
- Minor cuts, sprains or rashes
- Ear pain or urinary symptoms
- Flu, strep or COVID test needed



*If it's mild and  
manageable...  
**Make an appointment  
with your primary  
care provider.***

- Hydrate, rest and take over-the-counter meds for runny nose, mild cough and fevers under 100.4
- Make note of your health concerns to talk to your provider about long-term management or prevention