

# Where Should You Go for Care?



## PRIMARY CARE

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Call or see your primary care physician for regular medical problems or most urgent needs.

- Check-ups or physicals
- Common illness
- Flu shots and other vaccines
- Health advice
- Medication refills or changes
- Referral to a specialist
- Routine tests
- Your regular medical problems
- ... and most things on the urgent care list



## WALK-IN CLINIC

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Go to a walk-in clinic for common things that need to be treated soon, but only if your doctor is not available.

- Bladder infections
- Congestion
- Cuts requiring stitches
- Dehydration
- Ear aches
- Headache
- Mild fever
- Minor burns
- Rash
- Sore throat
- Sports injuries
- Stiff neck
- Vomiting or diarrhea



## EMERGENCY ROOM

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Go to the Emergency Room for serious life- or limb- threatening conditions.

- Broken bone, shifted out of place
- Difficulty breathing or speaking
- Head or eye injury
- Lethargic or hard to wake
- Loss of consciousness
- Poisoning or overdose
- Severe abdominal pain
- Severe asthma or allergic reaction
- Severe burns or cuts
- Traumatic injuries
- Turning blue or pale

Call your primary care physician about:

- High fevers
- Persistent vomiting



Visit [VHAN.com/quickcare](https://www.vhcn.com/quickcare) to find a walk-in clinic or primary care provider near you.