

## WHERE SHOULD I GO FOR CARE?

### **Doctor's Office**

You should go to your doctor for most problems and for regular checkups.

See your doctor for problems like:

- Common illnesses:
  - Colds, flu, earaches, sore throats, headaches & migraines, fever or rashes
  - Toothache
  - Asthma
  - Allergic reactions
  - Rash & vomiting
- Minor injuries:
  - Sprains, back pain, minor cuts and bruises
- Regular physicals, prescription refills, vaccinations, and screenings
- A health problem where you need advice

We have staff who are available via phone to help with problems over the weekend and after-hours. Please call 315-425-1431 to contact our answering service.

### **Urgent Care**

Urgent care clinics provide attention for non-life threatening medical problems or problems that could become worse if you wait.

Urgent care clinics provide walk-in appointments and are open evenings and weekends.

You should go to an urgent care clinic for:

- Common illnesses:
  - Colds, flu, ear, aches, sore throats, headaches & migraines, fever or rashes
  - Toothache
  - Asthma
  - Allergic reactions
  - Rash & vomiting
- Minor injuries:
  - Sprains, back pain, minor cuts and bruises

Usually open extended hours into the evening and on weekends.

### **Emergency Department or Call 911**

You should go to the Emergency Department for very serious or life threatening problems.

If you are experiencing any of the following symptoms, don't wait! Call 911 or get to your nearest hospital Emergency Room.

- Chest pain
- Severe abdominal pain
- Coughing or vomiting blood
- Severe burns
- Deep cuts or bleeding that won't stop
- Sudden blurred vision
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or loss of coordination or balance
- Broken bones
- Head injuries
- Altered mental state
- Major trauma
- Poisoning
- Unconsciousness

Open 24 hours a day, 7 days a week, 365 days a year.