

# SHOULD YOU GO TO THE EMERGENCY ROOM?



The emergency room is the right place to go when your health is in danger. When you need care urgently for less serious problems, your Primary Care Provider's office can help you much more efficiently.

## How to decide:

Emergency Room	Primary Care Provider's Office (PCP)
<b>Signs of serious risk/danger:</b> <ul style="list-style-type: none"><li>• Having a hard time breathing</li><li>• Chest pain</li><li>• Choking</li><li>• Unable to move or speak</li><li>• Fainting or unconsciousness</li><li>• Sudden confusion, changes in vision or headache</li><li>• Sudden severe pain</li><li>• Poisoning or overdose</li><li>• Bleeding heavily</li><li>• Severe burns or deep wounds</li><li>• Broken bone(s)</li><li>• Severe allergic reaction with trouble breathing, swelling, hives</li><li>• Attacked by a person or an animal</li><li>• Thoughts of harm to self or others</li></ul>	<b>Signs of less serious risk/danger:</b> <ul style="list-style-type: none"><li>• Sore throat</li><li>• Cold or flu symptoms</li><li>• Sinus pain</li><li>• Back pain</li><li>• Pain in joints or muscles</li><li>• Tooth or dental pain</li><li>• Headache that is not severe</li><li>• Minor cut where bleeding is controlled</li><li>• Minor burn</li><li>• Sprain (ankle, wrist, arm)</li><li>• Earache</li><li>• Minor rash</li><li>• Nausea, vomiting, diarrhea or constipation that is not severe</li></ul>
<b>Call your local emergency number:</b> <p>If you have any serious symptoms or injuries like those listed above, you should immediately call 911 or go to the nearest ER to receive the critical care that you need quickly for accidents, medical, and mental health or substance abuse emergencies.</p>	<p>Call your PCP's office to get advice, a same day appointment or to be directed to the right place to get care.</p> <p>If you can't get in touch with him or her, call Nurse Connect at <b>1-800-609-6175</b> (TDD/TTY: 1-800-848-0160). They are available 24 hours a day, seven days a week, and the call is free. They can help you find the best place to get the right care.</p>

If you do visit an emergency room or urgent care clinic, be sure to let your PCP know so they can schedule the right follow-up plan.