

Not sure whether you need to go to an emergency room, urgent care or a walk-in clinic?

MAKING THE RIGHT CHOICE COULD SAVE YOUR LIFE.



## EMERGENCY ROOM

Always head to the ER when life or limb are at risk. The staff there is ready for any critical situation, 24/7.

- Chest pain or difficulty breathing
- Weakness/numbness on one side
- Slurred speech
- Fainting/change in mental state
- Serious burns
- Head or eye injury
- Concussion/confusion
- Fever with a rash
- Seizures
- Facial lacerations
- Severe cuts that may require stitches
- Broken bones and dislocated joints
- Severe cold or flu symptoms
- Vaginal bleeding with pregnancy



## URGENT CARE CENTER

Urgent care centers are for when you can't wait for an appointment with your doctor, but you don't quite need an emergency room.

- Fever without a rash
- Vomiting or persistent diarrhea
- Abdominal pain
- Wheezing or shortness of breath
- Dehydration
- Moderate flu-like symptoms
- Sprains and strains
- Small cuts that may require stitches







## WALK-IN

Walk-in clinics offer convenient same-day care for minor illnesses and health care needs for both adult and pediatric patients.

- Sports physicals (excluding labs)
- Mild flu-like symptoms
- Cough and congestion symptoms
- Sore throat
- Ear pain
- Eye redness, discharge or itchiness
- Painful urination
- Rashes without fever



To find a Scripps HealthExpress walk-in clinic in your neighborhood, visit scrippshealthexpress.org or call 858-554-7439.

## WHEN SHOULD YOU CALL 9-1-1?



- Shortness of breath or difficulty breathing
- Any symptoms of a heart attack, including chest pain, pain in the left arm or the jaw, sudden weakness or dizziness
- Signs of a stroke such as slurred speech, severe headache, weakness or numbness on one side of the face or body, or loss of consciousness
- Life-or limb-threatening injury

