



# It's NOT an Emergency, Where Do I Go?!

Emergency Rooms (ER) are becoming more crowded and, as a result, patients are having to wait longer for care. It is important to know that most problems are not emergencies. They can be treated in your doctor's office or at an after-hours night clinic. Night clinics and urgent care clinics provide treatment to illness and injuries that are not emergencies but need treatment the same day. They also provide quality treatment with less wait time than an ER room.

It is important to know when to go to the ER as it could save your life. But when a problem is not serious, it is better to treat your illness at home, or see your primary care doctor.

## Examples

### When to go to the **ER**

- Broken bone(s)
- Cannot breathe
- Chest pain
- Head or neck injury
- Severe burns
- Severe bleeding
- Risk of hurting self or others

### When to go to a **Night Clinic** or an **Urgent Care Clinic**

- Cough
- Cold or flu
- Constipation
- Diarrhea
- Earache
- Fever
- Vomiting

## Where can you go?

Scan the QR Code to find your nearest in-network urgent care center or night clinic

