

Primary Care vs. Urgent Care vs. ER

KNOW WHERE TO GO 

PRIMARY CARE

Routine care, prevention, medication refills, and ongoing health concerns

- Routine checkups**
Annual physicals, vaccines, and screening tests
- Ongoing conditions**
Diabetes, high blood pressure, asthma, anxiety, or long-term health concerns
- Medication needs**
Refills, side effects, or medication questions
- Non-urgent symptoms**
Symptoms that are mild or can safely wait for an appointment

URGENT CARE

Same-day care for problems that are not life-threatening

- Minor illnesses**
Cold or flu symptoms, sore throat, ear pain, or mild fever
- Minor injuries**
Sprains, minor cuts, mild burns, or mild back pain
- Simple infections**
Possible urinary tract infection, pink eye, or mild skin infection
- When primary care is not available**
Symptoms that should be checked soon but are not an emergency

EMERGENCY CARE

Serious or life-threatening symptoms that need immediate medical care

- Chest pain or trouble breathing**
- Stroke signs**
Face drooping, arm weakness, speech trouble
- Severe allergic reaction**
Trouble breathing, swelling of the face or lips, or fainting
- Seizure, fainting, or confusion**
- Heavy bleeding or serious injury**
- Severe pain or sudden worsening symptoms**

