

# I'm sick or hurt...

## Where do I go?

(Or, where do I take my child or parent?)

**CALL OR SEE  
MY DOCTOR**

Need medical care and feel safe to wait a day.

EXAMPLES ARE:

- Runny nose
- Simple backache
- Sore throat
- Earache

**GO TO URGENT  
CARE**

Need medical care today and feel safe to wait a few hours.

EXAMPLES ARE:

- Tried but could not reach my doctor
- Reached the doctor and told to go to an Urgent Care Center

**GO TO  
EMERGENCY  
ROOM OR  
CALL 911**

Need medical care now and do not feel safe to wait.

EXAMPLES ARE:

- Trouble breathing or chest pain
- Fainting
- Sudden numbness or weakness
- Uncontrolled bleeding
- Severe pain or serious injury

