

ER versus Urgent Care or Doctor's Office Settings

It's important to know ahead of time what to do when you need emergency or urgent care. The chart below can help you decide where and when to go for care.

Symptom	Doctors' office setting	Urgent care center
Animal bites		✓
Stitches		✓
Back pain	✓	✓
Mild asthma	✓	✓
Minor headache	✓	✓
Sprain, strain	✓	✓
Nausea, vomiting, diarrhea	✓	✓
Bumps, cuts, scrapes	✓	✓
Burning with urination	✓	✓
Cough, sore throat	✓	✓
Ear or sinus pain	✓	✓
Eye swelling, irritation, redness or pain	✓	✓
Minor allergic reactions	✓	✓
Rash, minor bumps	✓	✓
Vaccination	✓	✓
Symptom	Emergency Room	
Sudden or unexplained loss of consciousness	✓	
Signs of a heart attack, such as sudden/severe chest pain or pressure	✓	
Sign of stroke, such as numbness of the face, arm or leg on one side of the body; difficulty talking; sudden loss of vision	✓	
Sudden shortness of breath	✓	
High fever with stiff neck, mental confusion and/or difficulty breathing	✓	
Coughing up or vomiting blood	✓	
Cut or wound that won't stop bleeding	✓	
Possible broken bones	✓	
Poisoning	✓	
Stab wounds	✓	
Sudden, severe abdominal pain	✓	
Suicidal feelings	✓	
Partial or total amputation of a limb	✓	

For a complete listing of Urgent Care Centers, visit www.carefirst.com/doctor and select your health plan. Then select *Urgent Care* under the *Facilities* section. Medical emergencies require a visit to the emergency room. If your situation is a medical emergency, call 911 or go directly to the nearest emergency care facility.

This information is not intended as medical advice.