



EMERGENCY ROOM URGENT CARE *or* WALK-IN CLINIC



Which one should you go to?



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 CLINICS

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

