

When you need medical help, *where should you go?*

Unless you are experiencing a life-threatening emergency, your primary care doctor or urgent care is the best place to start.

Primary Care



LEAST WAIT TIME

WHEN Normally weekdays
by appointment

EXAMPLES

Routine health exam
Common illnesses such as cold, flu,
sore throat
Minor and urgent illness or injury



LOWER COST

Urgent Care



SOME WAIT TIME

LONGER HOURS (Walk-in, after
hours and weekends)

WHEN Your Primary care doctor is
unavailable and you need help for a
problem that is not a life threatening
emergency

EXAMPLES

Fish hook
Sunburn
Lung infection
Sprain
Urinary tract infection
Simple cuts and burn
Ear infection
Colds/Allergies



HIGHER COST

Emergency Care



LONGEST WAIT TIME

LONGEST HOURS 24/7

WHEN Anytime in case of
serious illness or injury

Call 911

EXAMPLES

Heart attack
Seizure
Stroke
Severe bleeding
Poisoning
Weakness/numbness on one side
Chest pain or difficulty breathing
Coughing/vomiting blood
Head or eye injury



HIGHEST COST

■ Find a provider here:
CarteretHealth.org/Physician-Directory

■ For non-emergencies and when other care is not available,
check into CHC's Emergency Room with Inquicker:
CarteretER.com



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