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**

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Find a provider here: [CarteretHealth.org/Physician-Directory](http://CarteretHealth.org/Physician-Directory)

For non-emergencies and when other care is not available, check into CHC’s Emergency Room with Inquicker: [CarteretER.com](http://CarteretER.com)