



Not sure where to go?

Call your doctor's office anytime day or night, or call Providence RN medical advice line at 503-574-6520 or 800-700-0481.

Is it really an emergency?

Making the right decision could save you time and money.

Have you ever been confused about where you should go to treat a medical problem? We all have. Medical emergencies can be stressful and knowing what is a real emergency can be difficult. We can help you plan ahead.

Where to go:	Emergency room	Urgent care center
When your symptoms include:	<ul style="list-style-type: none"> ■ Chest pains. ■ Trouble breathing. ■ Bleeding that won't stop. ■ Severe abdominal (stomach) pain. ■ Stroke symptoms (slurred speech or extreme headache). 	<ul style="list-style-type: none"> ■ Minor cuts or burns. ■ Ear, nose and throat infections. ■ Sprains or strains. ■ Stomachaches. ■ Headaches or dizziness.
What to do:	Call 911, or go to the nearest hospital.	Call your doctors office, or go to an urgent care center.
Why you should go:	Emergency rooms are staffed with doctors who are highly trained to treat life-threatening medical problems.	Urgent care centers are staffed with doctors who can quickly assess and treat minor injuries. They're less expensive and faster than an emergency room.



Where can you find an emergency room or urgent care center near you?
www.providence.org/php/emergency.