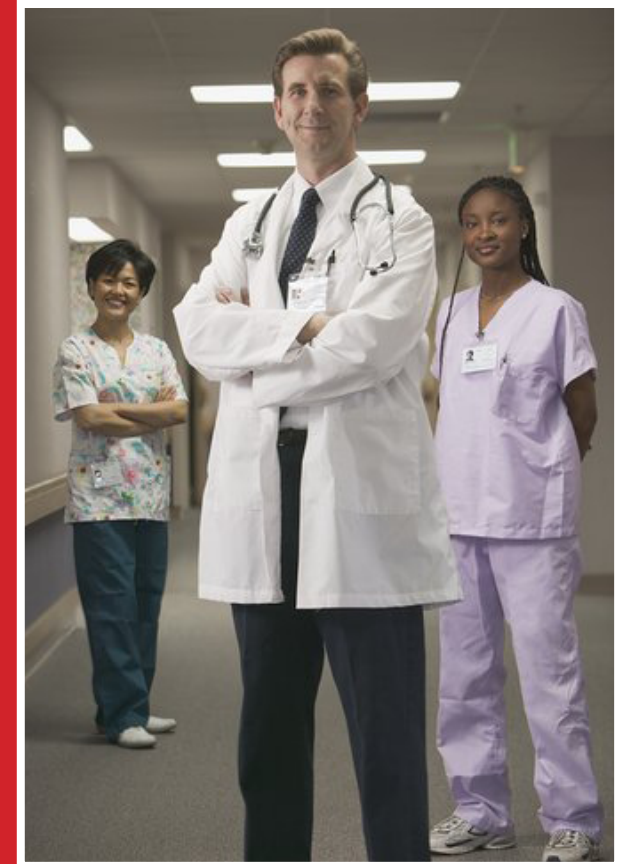


- Cough or vomit blood
- Have sudden severe illness
- Have numbness in your face, legs, or arms
- Are severely burned
- Injure your head
- Have an injured infant

Do not go the ER for:

- Earache
- Cold, cough, or flu
- Burns (minor)
- Sprains
- Immunization
- Flu shots
- Sore throat

In case of emergencies call 911:



Medical Care in the United States



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

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MEDICAL CARE IN THE UNITED STATES

In the United States there are many ways to receive medical care, but the most commonly used are:

- Doctor's office visits
- Urgent care (sometimes called walk in clinics)
- Emergency Rooms (ER)

WHEN DO I MAKE AN OFFICE VISIT?

An office visit is when you make an appointment to see your primary care doctor in the doctor's office. Schedule an office visit for:

- Cold, cough, or flu
- Earaches
- Allergy shots
- Immunizations
- Yearly physical check-ups

WHEN DO I USE URGENT CARE?

Urgent care clinics or walk-in clinics are much like doctors' offices, but no appointment is required. Instead of your primary care physician, you will see any doctor who is on duty at an urgent care clinic. Urgent care clinics are often found near hospitals or malls, and are usually open from early mornings until late in the evenings. You should use urgent care for minor illnesses or injuries, such as:

- Earaches
- Sunburn or minor burns

- Cold, cough, or flu
- Minor fevers
- School or work physical check-ups
- Allergy shots

WHEN DO I USE THE ER?

Emergency Rooms, or ERs, are located in hospitals. They are often open 24 hours a day, 7 days a week. The ER costs more money than office visits and urgent care. You may wait a long time if you go to the ER and your condition is not serious. You should only use the ER for emergencies or serious illnesses, such as:



- Chest pain, numbness in the face, arm or leg, or trouble speaking
- High fever with stiff neck, mental confusion, or trouble breathing
- Severe shortness of breath (gasping for air)
- Poisoning
- Sudden loss of consciousness
- Coughing or vomiting blood
- Sudden, unusual, or severe symptoms

IF YOU USE THE ER:

- 1) Take your doctor's name and phone number to the ER.
- 2) Tell the ER nurse and doctor what medications (pills) you are taking.
- 3) Tell the ER nurse or doctor if you have a medical condition.

Go to the ER if you:

- Loose consciousness
- Break a bone