

## Emergency Rooms are for Emergencies!

1. Your cost to use an emergency room is dramatically greater than using an alternative resource no matter what kind of health plan (or lack of plan) you have.
  - a. Emergency Room average costs can vary by state and illness but range from **\$623-\$3,087**.
  - b. On average, the cost of a visit to an Urgent Care Center can range from **\$32 to \$175**.
2. Nationally, the **wait time in an E-room is now 2:40**.
3. Emergency rooms are full of really sick people. What a fantastic way to share illnesses with others

## Signs of an Emergency

How quickly do you need care? If a person or unborn baby could die or be disabled, it is an emergency.

**Call 911 or the local emergency number to have the emergency team come to you right away for/if:**

Choking	Stopped breathing
Head injury with passing out, fainting, or confusion	Seizure
Electric shock or lightning strike	Severe burn
Severe chest pain or pressure that lasted more than 1 minute or from which the person does not rapidly awaken	Injury to neck or spine, particularly if there is loss of feeling or inability to move

**Go to an emergency department or call 911 or the local emergency number for help for problems such as:**

Trouble breathing	Passing out, fainting
Pain in the arm or jaw	Unusual or bad headache, particularly if it started suddenly
Suddenly not able to speak, see, walk, or move	Suddenly weak or drooping on one side of the body
Dizziness or weakness that does not go away	Inhaled smoke or poisonous fumes
Sudden confusion	Heavy bleeding
Possible broken bone, loss of movement, particularly if the bone is pushing through the skin	Deep wound
Serious burn	Coughing or throwing up blood
Severe pain anywhere on the body	Severe allergic reaction with trouble breathing, swelling, hives
High fever with headache and stiff neck	High fever that does not get better with medicine
Throwing up or loose stools that does not stop	Poisoning or overdose of drug or alcohol
Seizures	

## When to go to Urgent Care

Urgent care clinics are designed to manage non-life-threatening medical conditions. This includes minor illnesses and injuries. Some common ailments that can be treated at urgent care include:

Sore throat, & other symptoms of cold or flu	Symptoms of COVID-19
Symptoms of UTI	Symptoms of STDs
Vomiting or diarrhea	Simple fractures
Small cuts or lacerations that may need stitches	Fever that does not go away with fever-reducing medication
Back pain	Allergic reactions and skin rashes
Routine physicals (like sports physicals or DOT physicals)	Immunizations