

When to go to the emergency room

Heart attack symptoms such as chest pain, jaw pain, left arm pain

Stroke symptoms (FAST):

-F: facial drooping

-A: arm weakness

-S: speech difficulties

-T: time

Severe sudden headache

Nonresponsive or unconscious

Difficulty breathing, shortness of breath, or choking

Significant broken bones or uncontrolled bleeding from lacerations

Moderate to severe burns

Drug overdoses or ingestion of poisons

Severe bleeding

Neck and spinal injuries

Infant fevers

Seizures

Severe abdominal pain

Serious eye injuries, loss of vision

Possible need for surgery

Your gut telling you the symptom/injury is life-threatening

When urgent care may be appropriate

Minor pain, abdominal or back pain

Vomiting, diarrhea, dehydration

Fevers, flu, cough

Sore throat, strep throat, sinus infection

Rash or skin issues, pinkeye, insect or animal bites

Common cuts and lacerations

Urination discomfort, urinary tract infections

Minor burns

Sprains or small broken bones

Most sports injuries

Asthma flare-ups

Follow-up care after a PCP or ER visit (i.e., removing stitches or checking on a wound)

X-rays and lab testing

You know what your illness is, but can't get a same-day appointment with your primary care doctor