



Know where to get care

When you need medical care, it’s important to know where to go for the right level of treatment. Depending on your symptoms, you may need to visit your primary care provider (PCP), an urgent care center, or the emergency room (ER). Understanding the differences between these options can help you get the care you need quickly and safely.

Use this guide to help you decide where to seek treatment.

Care setting	Types of health issues
 <p>Your primary care provider (PCP)</p>	<p>Call your PCP to make an appointment if you’re experiencing any of these symptoms:</p> <ul style="list-style-type: none"> • Loss of appetite • A metallic taste in your mouth • New or increased swelling in your legs and feet • A rash without a fever • Ear pain • Muscle cramps • Fatigue • Sore throat or cough • Cold or flu-like symptoms • Frequent urination with pain or burning • Medication refill needs <p>If any of these symptoms continue or get worse before you can see your PCP, you can visit Urgent Care for these concerns.</p>
 <p>Urgent care</p>	<p>Go to urgent care if you’re experiencing:</p> <ul style="list-style-type: none"> • Frequent urination with pain or burning, if you can’t get in to see your doctor • Cold or flu-like symptoms, if you can’t get in to see your doctor • Fever • Nausea, vomiting, or diarrhea • Abdominal pain • Sprained ankle or strained muscle • Small cuts that you think might need stitches • Ear pain, if you can’t get in to see your doctor



Care setting	Types of health issues
 <p>Emergency room (ER)</p>	<p>Go to the ER or call 911 if you're experiencing:</p> <ul style="list-style-type: none">• Shortness of breath at rest, wheezing (a high-pitched whistling sound when breathing), or trouble catching your breath• Chest pain, pressure, or tightness—especially if accompanied by sweating, shortness of breath, nausea, vomiting, or pain that spreads to your jaw or arm• Numbness in your face or limbs, facial drooping, or trouble speaking• Severe pain• Confusion or disorientation• A fall that results in an injury• Any injury to your head• Broken bones• Bleeding that will not stop• Severe cuts or an open wound that may require stitches• Fainting spells• Seizure