Do I Need to Go to the Emergency Room?

Hospital emergency rooms (ERs) help with medical emergencies. They do not focus on routine health care or non-emergency services. Those services are delivered by your Primary Care Provider. If you go to the ER for a problem that is not an emergency:

- You might spend more money at the ER than at your Primary Care Provider’s office.
- You will spend more time waiting at the ER than at your Primary Care Provider’s office. Patients in the ER are treated in the order of severity of symptoms and a cold is much less severe than chest pain.
- You (or your child) will be exposed to other illnesses that may make you sicker than you are.
- You will get care from a Provider who has probably never seen you before. It is better to get care from a Provider that knows and understands you and your health.

You should go to the emergency room if you have any of the following:

**ADULTS:**
- Trauma: obvious fractures, excessive bleeding.
- Chest pain: heavy pressure in the chest, shortness of breath, nausea
- Significant shortness of breath or difficulty breathing
- Severe pain or a significant change in pain level
- Non-stop diarrhea and/or vomiting
- Stroke symptoms: F.A.S.T.
  - Face drooping
  - Arm weakness
  - Speech difficulty
  - Time to call 911

**CHILDREN:**
- Trauma: obvious fractures, excessive bleeding
- Difficulty breathing or wheezing
- Fever over 104 degrees in a child under the age of 1 year
- Non-stop diarrhea and/or vomiting
- Abnormal behavior, confusion

**For Behavioral Health Issues**

**Adult or Child:**
- Sudden increase in symptoms or severity of symptoms
- Sudden onset of new symptoms
- On the advice of your Behavioral Health Provider or Primary Care Provider

GO to the ER if you think you are having a medical emergency. That’s what the ER is there for! Otherwise, call your Primary Care Provider first. It will save you time and money. If you don’t have a PCP, you can call Integrated Community Health Partners, and get help finding a PCP. Call them at: **855-959-7340**