



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](tel:855-959-7340)