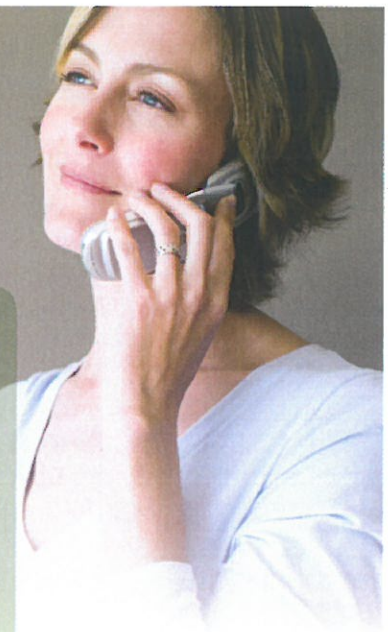




# Know where to go for care, before you need it



Knowing where to go if you get sick or hurt can save you lots of time and money, and help you get the best medical care. How do you choose where to go when the unexpected happens?

## The emergency room (ER) shouldn't be your first stop — unless there's a true emergency.

Go to the nearest emergency room or call 911 if:

- There is a lot of pain or bleeding.
- You think a bone is broken.
- You are having trouble breathing.
- You think the problem might get a lot worse if you don't get help right away.
- You think the problem could kill you.
- There was no warning before your symptoms started.

### Not sure what to do?

#### Call your doctor.

He or she can help you find the best place to get care.

If you need help but it isn't an emergency, follow these steps:

- **Call your doctor.** He or she can help you decide whether you should go to an urgent care center or come into the office.
- **Go to a retail health clinic or urgent care center,** which are typically open on weekends, evenings and most holidays.

