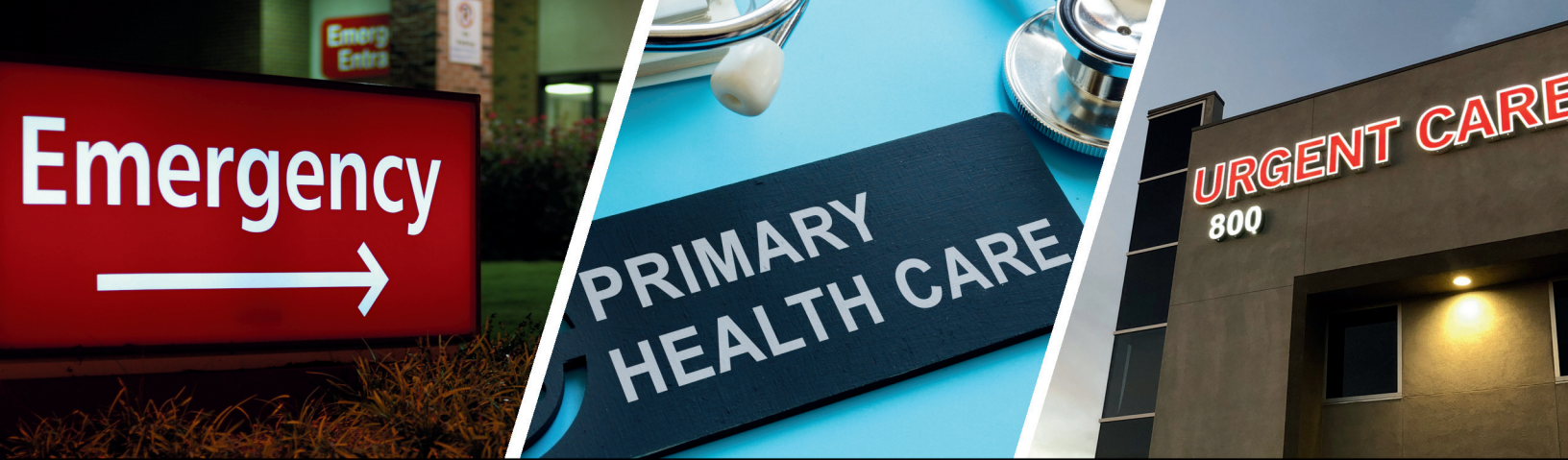




Compass Health[®]
Network

Hospital Emergency Room

You should use a hospital emergency room for very serious or life-threatening problems. Hospital emergency rooms are not the place to go for common illnesses or minor injuries. If you are experiencing any of the following symptoms go to the nearest ER or call 911.

- **Chest pain or tightness**
- **Coughing or vomiting blood**
- **Severe or persistent vomiting**
- **Severe burns**
- **Deep cuts or bleeding that won't stop**
- **Sudden blurred vision or sudden severe headache** (not a migraine)
- **Difficulty breathing or significant shortness of breath**
- **Sudden dizziness, weakness, or loss of coordination or balance**
- **Numbness in the face, arm, or leg**
- **Seizures**
- **High fevers** that cannot be reduced with over-the-counter meds
- **Severe abdominal pain**
- **Traumatic head injury or loss of consciousness**
- **Major broken bones**
- **Poisoning** (If possible, call Poison Control first
1-800-222-1222)
- **Suicide attempt** and/or plan to **harm others**

If you are in a behavioral health crisis, please call 988, or visit one of our crisis centers. Scan the QR code to find a list of our locations.



844.853.8937

CompassHealthNetwork.org



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OR

Primary Doctor or Urgent Care

Use your doctor's office for issues that can wait until the next day, or after the weekend. Use an urgent care if you cannot obtain an appointment with your doctor, or if it is after hours or the weekend, and you cannot wait for:

- Common illnesses such as colds, coughs, flu, ear-aches, sore throats, fever, migraines, stomach aches, or rashes
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones, minor eye injuries, bites/stings, unless having difficulty breathing or won't stop bleeding
- Chronic constipation, difficulty or urgency to urinate, vomiting, or diarrhea
- Regular physicals, prescription refills, vaccinations, and screenings
- Management of Arthritis, Diabetes, COPD, or Asthma, Acid Reflux
- Prenatal care
- Sexually transmitted diseases
- Smoking cessation
- Any health problem where you need advice

Your doctor's office is the best place to start when you are sick or hurt. Talk with the nurse, explain what is bothering you, ask if they have openings, and, if not, ask where you should go for care.

My primary doctor: _____

Office phone: _____

Insurance info: _____

Nurse's line: _____