



EMERGENCY ROOM or URGENT CARE



Which one should you go to?

Not sure whether you need to go to urgent care or the ER?
Making the right choice could save your life.

ABOUT THE EMERGENCY ROOM



In 2021, there were approximately 140 million emergency room visits in the U.S.¹



The most common reason people went to the emergency room was for stomach and abdominal pain, cramps and spasms.²



The average cost of an emergency room visit is \$750.³

WHEN SHOULD YOU GO TO THE ER?

- Broken bones and dislocated joints
- Deep cuts that require stitches – especially on the face
- Head or eye injuries
- Severe flu or cold symptoms
- Sudden change in mental state
- High fevers
- Fevers with rash
- Fevers in infants
- Fainting or loss of consciousness
- Severe pain, particularly in the abdomen or starting halfway down the back
- Bleeding that won't stop or a large open wound
- Vaginal bleeding with pregnancy
- Repeated vomiting
- Serious burns
- Seizures without a previous diagnosis of epilepsy

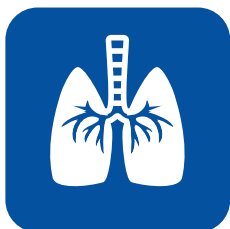


WHEN SHOULD YOU GO TO URGENT CARE?

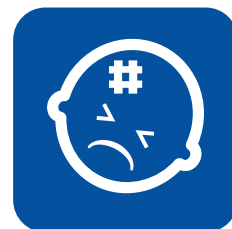
- Symptom onset is gradual
- You already know the diagnosis but are unable to get a same-day appointment with your primary care physician
- Conditions that are not life- or limb- threatening, but require immediate care
- Sprains
- Sore throat
- Urinary tract infections
- Mild asthma
- Rash without fever
- Broken bones of the wrist, hand, ankle or foot that have no obvious need to reset and have not broken the skin



WHEN SHOULD YOU CALL 9-1-1?



Shortness of breath or difficulty breathing



Signs of a stroke such as slurred speech, severe headache, weakness or numbness on one side of the face or body, or loss of consciousness



Any symptoms of a heart attack including chest pain, pain in the left arm or the jaw, sudden weakness or dizziness



Life- or limb-threatening injury

IF IN DOUBT, GET EMERGENCY CARE!

¹ National Hospital Ambulatory Medical Care Survey: 2021 Emergency Department Summary Tables
National Center for Health Statistics, National Hospital Ambulatory Medical Care Survey, 2021

² National Hospital Ambulatory Medical Care Survey: 2021 Emergency Department Summary Tables
National Center for Health Statistics, National Hospital Ambulatory Medical Care Survey, 2021

³ Costs of Treat-and-Release Emergency Department Visits in the United States, 2021

Agency for Healthcare Research and Quality (AHRQ), Healthcare Cost and Utilization Project (HCUP), Nationwide Emergency Department Sample (NEDS), 2021