

KNOW WHERE TO GO FOR CARE

Choosing the right level of care can save time and money while ensuring you get appropriate treatment.



Emergency Room

Use for serious or life-threatening conditions

- ✓ Chest pain or pressure
- ✓ Trouble breathing
- ✓ Severe bleeding or deep wounds
- ✓ Head injury or loss of consciousness
- ✓ Signs of stroke

(Face drooping, Arm weakness, Slurred speech)



Urgent Care

Use for minor illnesses and injuries

- ✓ Cold, Flu, or fever
- ✓ Minor cuts or burns
- ✓ Sprains or minor fractures
- ✓ Earaches or sore throat
- ✓ Mild asthma symptoms
- ✓ Urinary tract infections
- ✓ Minor allergic reactions



If symptoms feel severe or life-threatening:
CALL 911 OR GO TO THE ER IMMEDIATELY.

- ✓ Open 24/7
- ✓ Higher cost
- ✓ For true emergencies

- ✓ Shorter wait
- ✓ Lower cost
- ✓ Minor illnesses or injuries



**KAISER
PERMANENTE**

Emergency Services &
24 Hour Advice Line

blue
california



Locate an Urgent Care Center
or Emergency Room

