Choose the right kind of care

Before you have a medical problem, learn what your choices are. Choosing the right point of care can help you feel better faster and prevent hospital systems from getting overwhelmed.

Call a health care provider for a virtual or in-person appointment, or go to an urgent care clinic (after hours):

- Cold or flu
- Sprain
- Rashes or minor burns
- Sore throat
- Ear pain
- Animal or insect bite
- Allergies
- COVID-19 test

Call 911 or go to an emergency department right away:

- Life-threatening medical conditions or emergencies, such as a heart attack or stroke
- Choking
- Head injury
- Severe burn
- Severe chest pain or pressure
- Broken bone
- Severe respiratory distress (difficulty breathing or catching your breath)

If you have minor symptoms, like sniffles or a cough, you should get tested for COVID-19. To get flu or COVID vaccines, pharmacies or immunization clinics are the best choice.

It's important to stay up-to-date with regular health care check-ups and appointments. Don't miss routine physicals and immunizations.

Not sure what to do? Contact a local health provider or call 211 for assistance.