

# Urgent care or emergency care?

## URGENT CARE

An urgent care center is designed to assist you when you don't have a regular doctor, or when your need is after hours or on weekends. Hours very but generally are limited to daytime but some offer evening hours.

### When to go to an urgent care center

- For colds, coughs, flu, fever
- Minor injuries
- Vomiting and/or diarrhea
- Allergies
- Dizziness
- Nausea
- Minor burns
- Minor cuts
- Sprained ankle or other joint area
- Pink eye
- Rash
- Sore throat
- Need for stitches
- Migraine headaches
- Urinary tract infections
- Minor broken bones
- Skin irritations
- Poison oak

## EMERGENCY CARE

The hospital emergency room treats serious or life-threatening illnesses & injuries and is always open. If you feel you need to go the hospital, do not use an ambulance unless it's an absolute emergency. It is very expensive.

### When to seek emergency care

- If your doctor tells you to
- If you are injured in a care accident
- Uncontrollable bleeding
- Severe difficult breathing
- Fall from a significant height
- Serious head or neck injury
- Loss of consciousness
- Chest pain
- High fever that doesn't get better with medicine
- Bone fracture with open wound
- After swallowing poison
- Seizure
- Severe abdominal pain
- Severe burns
- Electric shock
- Suspicion of exposure to a serious communicable disease
- Chocking
- Severe allergic reactions

## RESOURCES

(Community Hospital of Monterey is part owner and cooperates fully with each of these centers.)

Do not go to the emergency room unless it fit with the need share on the right. The locations below can help with many medical issues, sickness and injuries. These doctors are always on duty and you can just walk in.

### MONTEREY BAY URGENT CARE

245 Washington Street, Monterey  
372-2273

### DOCTORS ON DUTY

501 Lighthouse Ave, Monterey  
649-0770

### DOCTORS ON DUTY

1513 Fremont Blvd, Seaside  
899-1910

### Do you have a hurt back?

#### Visit a Chiropractor:

Dr. Dustin Nagai has helped several international students.  
1299 Pacific Street, Monterey (walking distance from MIIS) 657-0191

If you don't have insurance, call the Monterey County Department of Social Services, 866-323-1553, to find out if you qualify for assistance.

(This information was taken, in part, from a Community Hospital publication.)