When to go to Convenience Care (Walk-in Care), Urgent Care, or the ER?





Convenience Care (Walk-in Care)

Available at Nellis and Durango Get walk-in care for MINOR illnesses, injuries, and more such as:

- ☑ Flu
- ☑ Colds
- ☑ Vomiting
- ☑ Asthma
- ✓ Sore throats
- ☑ Coughs
- ✓ Aches
- **☑** Sprains
- ☑ Ear aches
- ☑ Stomach pain
- ☑ Cuts that need stitches
- ✓ Minor burns
- ☑ Animal bites
- ✓ Falls
- ☑ Allergic reactions
- Broken bones not going through skin



Urgent Care

For health problems that need to be treated right away but are **NOT** a danger to your life, such as:

- **☑** Flu
- ☑ Vomiting
- ☑ Severe headaches
- ☑ Cuts that need stitches
- ☑ Minor burns
- ☑ Animal bites
- ✓ Falls
- ☑ Broken bones
- ☑ Allergic reactions



Hospital ER

A hospital Emergency Room (ER) is for life-threatening health emergencies, such as:

- ☑ Heart attack or stroke
- ☑ Major cuts or cuts that need surgery
- ✓ Serious burns
- ☑ Heavy bleeding
- ☑ Coughing up or throwing up blood
- ✓ A broken bone that goes through the skin
- ☑ Poisoning
- ☑ Fainting
- ☑ Loss of limb
- ☑ Seizures
- ☑ If you think you're in labor

If you need an **Urgent Care** or **Hospital** around your area, please **scan one of the QR codes** or visit **www.culinaryhealthfund.org/ppo/**.









