

WHEN SHOULD I GO TO THE ER?

Use good judgment in deciding when to use Emergency Medical Services.
Emergency Rooms are not meant for routine care.

1. The ER is not first-come, first-served!

- *The staff will use a triage system to ensure that the sickest patients get seen first.*
- *This could result in a long wait for those with non-emergency health concerns.*

2. ER visits may be 3+ times more expensive than your doctor or urgent care provider!

- *Some insurance plans will not cover your ER fees for a minor illness/injury visit.*
- *Some insurance plans want you to call them after your ER visit. Failure to do so could result in non-payment.*
- *These would result in a huge bill for you and/or your parents!*

3. When in doubt, call your home doctor, the Hope Health Center, or our After Hours Physician.

- *Explain your symptoms and ask if you should go to the ER.*
- *Learn to Use Health Care Resources Wisely!*

From the American College of Emergency Physicians (ACEP)



Good Reasons to Go to an Emergency Room

- Confusion, or change in mental awareness
- Deep Cuts and/or Facial Cuts
- Head Injury
- Loss of Consciousness
- Multiple Fractures
- Poisoning – any substance including alcohol.
- Signs of a Stroke (sudden weakness or numbness, blurred or loss of vision, loss of speech, trouble talking)
- Seizure
- Suicidal or Homicidal feelings
- Vomiting Blood
- Unable to put chin to your chest

Severe and persistent:

- Abdominal pain
- Allergic reaction
- Bleeding
- Breathing difficulty
- Burn
- Chest pain
- Fever
- Headache



Bad Reasons to Go to an Emergency Room

- Colds and Coughs
- Earache
- Influenza
- Minor Cuts where bleeding is controlled
- Nausea, Vomiting, Diarrhea
- Sexually Transmitted Infections
- Skin Rash
- Sore Throat
- Sprains & Strains
- Sunburn
- Urinary Tract Infections
- Anything that you would normally see your home doctor for!



Other Options Available...

- **See our Website for Self-care guidelines.**
- **Monday – Friday:** Hope Health Center
- **Weekends & Evenings:** Urgent Care Centers (see our website under Area Resources)
- **Don't know what to do...** Call our After-Hours Physician at 1-888-383-8232