

# Emergency room or urgent care?

## Get the right care at the right time

Health problems don't always happen when your doctor's office is open. For many common health problems, urgent care is a fast and convenient option. This chart can help you decide which is the best choice for you.

If your injury or illness isn't as urgent, you can call your primary care provider. Many clinics can see you within a day or so. If you don't have a primary care provider, call **503-335-3500** or go to [www.legacyhealth.org/findaprovider](http://www.legacyhealth.org/findaprovider) to find one who is right for you.

If you are having chest pain, symptoms of a stroke or signs of another serious injury or illness, please call 911.

Condition	ER	UC
Allergic reactions	✓	
Allergies (seasonal)		✓
Animal/insect bite (minor)		✓
Animal/insect bite (severe)	✓	
Asthma attack (minor)		✓
Asthma attack (severe)	✓	
Bleeding that won't stop	✓	
Boils, abscesses, incision drainage		✓
Broken bone (bone sticking out of skin)	✓	
Broken bone (bone not sticking out of skin)		✓
Burn (small)		✓
Burn (large)	✓	
Chest pain or severe chest pressure	Call 911	Call 911
Confusion/disorientation		✓
Cough, common cold, flu, bronchitis		✓
Coughing or vomiting blood	✓	
Cuts (minor) and stitches removal		✓
Dehydration, not drinking and eating	✓	
Dental pain		✓
Difficulty breathing or shortness of breath	✓	
Dizziness, weakness or loss of coordination or balance	✓	
Earache		✓
Eye problems (pink eye, eye irritation)		✓
Fainting	✓	
Fever not related to the common cold or flu (infants younger than 8 months old)	✓	
Fever not related to the common cold or flu (infants older than 8 months, children and adults)		✓
Foreign object removal	✓	
Headaches and migraines	✓	
Head injury	✓	
High blood pressure	✓	
Immunizations		✓
Medication refills (non-narcotic)		✓
Poisoning (Poison Control: 800-222-1222)	✓	
Pregnancy-related issues (pain, bleeding)	✓	
Pregnancy test		✓
Rash		✓
Rash with fever	✓	
Seizure	✓	
Sore throat		✓
Sprain or strain		✓
Stomach pain	✓	
Swallowed object	✓	
Urinary tract infection		✓

