

Go or No Go? Guidelines for Using the Emergency Room

When does an illness or injury require going to the Emergency Room? Please use good judgment when deciding to go to the ER.

Go to the Emergency Room with:

- Signs of a heart attack (chest pain, tightness)
- Signs of a stroke (sudden weakness, numbness or difficulty speaking)
- Severe shortness of breath
- Bleeding that does not stop with pressure
- Sudden severe pain (i.e. worst headache of your life)
- Poisoning (if possible call Poison Control first)
- Major injury, loss of consciousness, head injury
- Unexplained disorientation, confusion
- Severe and persistent vomiting or diarrhea
- Coughing up or vomiting blood
- Sudden change in vision
- Suicidal feelings

Call your Primary Care Doctor or visit an Urgent Care for:

- Earache
- Cuts with bleeding that is controlled
- Minor dog bites
- Sprains, strains, broken bones
- Sunburn or minor burn
- Insect sting or bite without breathing difficulties
- Skin rash without a fever of 100 degrees
- Fever
- Sexually transmitted diseases
- Colds, flu, sore throat

If you're unsure if emergency care is needed, call your Primary Care doctor. PriMed has doctors and nurses on-call and available to talk with you when the office is closed.

Not sure if you should go to the Emergency Room? Call your PriMed Physician office at

When there is a possibility that you are having a stroke, heart attack, or life-threatening emergency, call 911 or go immediately to the Emergency Room.

