

# ED or Care 'til 8?

Not sure whether you need the Emergency Department?  
Here are some tips:



## WHEN IS CARE 'TIL 8 MY BEST CHOICE?\*

- Conditions that are not life- or limb-threatening but require immediate care
- Sinus Infection
- Sprains
- Urinary tract infections
- Mild asthma
- Skin rash or infection
- Earaches
- Migraine
- Eye irritation/redness
- Severe sore throat or cough
- Severe flu or cold symptoms
- Colds that last longer than 8-10 days
- Bronchitis
- Bleeding/cuts

\*Appointments preferred. Call (707) 646-5500.



## WHEN SHOULD I HEAD FOR EMERGENCY HELP?

- Broken bones and dislocated joints
- Deep cuts that require stitches, especially on the face
- Head or eye injuries
- Sudden change in mental state
- High fevers
- Fevers with rash
- Fevers in newborns under 3 mos. (Higher than 100.4°F / 38°C)
- Fainting or loss of consciousness
- Bleeding that won't stop or a large open wound
- Severe pain, particular in the abdomen or starting halfway down the back
- Vaginal bleeding with pregnancy
- Repeated vomiting
- Serious burns
- Seizures without a previous diagnosis of epilepsy
- Elevated blood sugar causing concern for a diabetic
- Snake or spider bite
- Animal bite that breaks the skin

## WHEN SHOULD I CALL 9-1-1?

- Shortness of breath or trouble breathing
- Any symptoms of a heart attack, including chest pain, pain in the left arm or jaw, sudden weakness or dizziness
- Life- or limb-threatening injury
- Signs of a stroke, such as numbness, slurred speech, severe headache, weakness on one side of the face or loss of consciousness

When in doubt, get emergency care!

