

# EXPRESS CARE *or* ER?

## When to go to EXPRESS CARE:

- Allergies
- Asthma & Wheezing
- Ear or Sinus Pain
- Flu Symptoms
- Fevers
- Foreign Object in Eye or Nose
- Headaches
- Minor Burns or Bruises
- Minor Cuts, Lacerations, or Scrapes
- Nose Bleeds
- Rash or Hives
- Simple Fractures
- Sore Throat, Coughs & Colds
- Sprains
- Stings & Bites
- Urinary Symptoms

## When to go to the EMERGENCY ROOM:

- Bloody Cough
- Chest Pain
- Fever with Rash
- Fractures or Broken Bones
- Head or Eye Injuries
- Heart Attack or Stroke
- Ingested Poison
- One-Sided Weakness or Numbness
- Seizures
- Serious or Severe Injuries or Burns
- Severe Abdominal Pain
- Severe Bleeding or Large Open Wound
- Shortness of Breath or Difficulty Breathing
- Sudden Blurred Vision or Loss of Vision
- Unconsciousness
- Vaginal Bleeding with Pregnancy



**CALL 9-1-1 IMMEDIATELY FOR ANY OF THESE SYMPTOMS**



Express Care (620) 343-7828  
[newmanrh.org/expresscare](http://newmanrh.org/expresscare)

Monday – Friday: 8:00 AM – 8:00 PM  
Saturday, Sunday & Holidays: 10:00 – 6:00 PM