

# URGENT CARE or EMERGENCY ROOM?

Call MyNurse 24 hours a day, 7 days a week, for free at 1-866-549-5076.



**Your health should be your most important consideration; use your best judgment in choosing the most appropriate setting to receive your health care.**

## EXAMPLES OF WHEN I SHOULD GO TO **URGENT CARE**

- ✓ Colds, Coughs, and Sore Throats
- ✓ Urinary Tract Infections
- ✓ Earaches
- ✓ Minor Cuts/Bleeding
- ✓ Potential Muscle/Ligament Strain
- ✓ Sunburn/Minor Cooking Burn
- ✓ Bee or Insect Sting
- ✓ Rashes
- ✓ Fever/Flu
- ✓ Sexually Transmitted Diseases

## EXAMPLES OF WHEN I SHOULD GO TO THE **EMERGENCY ROOM**

- ✓ Loss of Consciousness
- ✓ Intolerable/Uncontrollable Pain
- ✓ Shortness of Breath
- ✓ Chest Pain/Pressure
- ✓ Poisoning
- ✓ Major Injuries
- ✓ Severe/Worsening Insect Bite
- ✓ Allergic Reaction
- ✓ Drowsiness or Disorientation
- ✓ Severe Bleeding
- ✓ Deep Cuts that Require Stitches

## When Should I Call 9-1-1?



Severe Difficulty Breathing/Shortness of Breath



Symptoms of Heart Attack (Pain in Left Arm, Weakness/Dizziness)



Life/Limb Threatening Injuries, Head Trauma, Severe Bleeding

## Urgent Care Locations Near ACE Seattle

UW Neighborhood Clinic  
1455 NW Leary Way #250  
Seattle, WA 98107  
Distance: 1.1 mi (1.8 km)

Multicare Indigo Urgent Care  
118 NE 45<sup>th</sup> St #A  
Seattle, WA 98105  
Distance: 1.7(2.7 km)

Immediate Clinic Queen Anne  
610 1<sup>st</sup> Ave N  
Seattle, WA 98109  
Distance: 2.1 (3.4 km)