

Understanding your urgent care and ER options

Know before you go

Medical care needs come up unexpectedly, so it's best to understand your options. Getting the right care, in the right place, can save you money, too.

Urgent Care

- Headaches and migraines
- Minor burns
- Pink, itchy eyes
- Minor broken bones
- Minor asthma attacks
- Nausea and vomiting
- Strains and sprains
- Fevers and head colds
- Urinary tract infection
- Cuts
- Rashes
- Diarrhea
- Dizziness
- Ear aches
- Chest colds
- Back pain
- Sore throat

Hospital E.R.

- Seizure
- Overdose
- Deep wounds
- Chest pain
- Severe pain
- Heat illness
- Head trauma
- Numbness in arm, face or leg
- Vomiting blood
- Difficulty speaking
- Allergic reactions
- Heart palpitations
- Heavy bleeding
- Suicidal thoughts
- Fever above 104°
- Shortness of breath
- Major broken bones
- Severe abdominal pain
- Severe headaches

Still unsure where to go?
Call My Sanford Nurse at
(800) 821-5167 in ND and
NW Minn.
(800) 445-5788 in SD,
SW Minn. and NW IA

CALL 911

or go to your nearest
hospital emergency room

