

# Where should I go for care?



Skagit Regional Clinics  
A department of Skagit Valley Hospital

## Primary Care Provider

Your doctor's office is the best place to go for non-urgent care. Your doctor knows your health history and can best take care of the following:

- Allergies
- Annual wellness exam
- Chronic back pain
- Bronchitis
- Chronic disease management
- Colds
- Cuts (minor), scrapes, bruises
- Diarrhea
- Ear infection
- Fever
- Flu
- Flu shots
- Headache, migraine
- Immunizations/Vaccinations
- Insect bites
- Nausea, vomiting
- Pink eye, eye infection
- Prescription refills
- Rashes
- Routine screenings: blood pressure, diabetes, TB skin test, flu test, strep, urinalysis
- Sore throat
- Sports physicals
- Sprains, strains
- Urinary tract infection

## Urgent Care

Urgent Care is a good option when your doctor is not available, including evenings, weekends and holidays. Urgent Care is available without an appointment for the following non-life threatening conditions:

- Abdominal pain
- Allergies
- Asthma
- Burns and bruises
- Colds
- Cough and upper respiratory infection
- Cuts (minor), scrapes
- Diarrhea
- Ear and sinus pain
- Fever
- Flu
- Fractures and sprains
- Headache
- Insect bites
- Lacerations
- Nausea, vomiting
- Pediatric illness
- Rashes and hives
- Sore throat
- Sports physicals
- STDs
- Urinary tract infection
- Work-related injuries

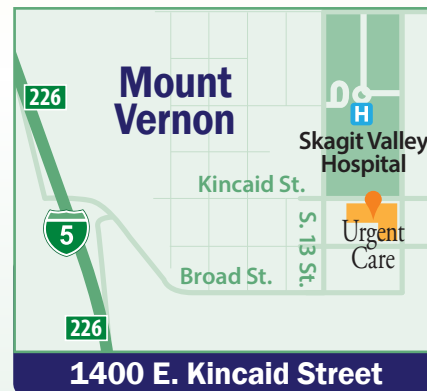
## Emergency Department

The Emergency Dept. should be used to treat life-threatening illnesses and injuries, such as:

- Abdominal pain
- Allergic reaction (severe)
- Breathing difficulty, shortness of breath
- Broken bones protruding from skin
- Chest pain or discomfort
- Coughing up blood
- Head injury
- Loss of consciousness
- Pneumonia
- Poisoning
- Puncture wounds
- Burns (severe)
- Trauma
- Seizures/convulsions
- Spinal injuries
- Sudden severe headache, dizziness or weakness on one side of your body, sudden confusion, trouble with vision or speech
- Swallowing of foreign object
- Uncontrolled bleeding

**Call 9-1-1 or visit the nearest emergency department if you experience any of these symptoms.**

## Three urgent care locations to serve you:



**Urgent Care Hours: Mon. – Fri., 7:30 a.m. – 7:30 p.m. | Weekends 8 a.m. – 4 p.m. Holidays vary**

Check urgent care wait times: [www.srclinics.org](http://www.srclinics.org)