























































































































## Not sure where to get care when you are sick or injured?

- This document can guide you to the right place to receive care for common symptoms or injuries.
- Please call your primary care office for additional guidance. If you don't have a primary care practitioner, call 475-246-9900 to find one.
- Urgent Care is also a great option to receive care for many medical needs - Yale New Haven Health Urgent Care clinics are open 7 days a week and have 24/7 virtual care. Go to <http://www.ynhhs.org/Urgent-Care/services> to learn more.
- If you are experiencing a medical emergency, call 911 or visit the nearest Emergency Department.

Symptoms / Injuries	Primary Care	Urgent Care In-Person or Video Visit	Emergency Department
<b>Abdominal pain</b>		 	 (Severe)
<b>Allergic reaction</b>		 	 (Severe)
<b>Animal bites*</b>		 	 (Severe)
<b>Asthma (helping to manage symptoms &amp; treat flare-ups)</b>		 	 (Difficulty breathing)
<b>Blood in stool</b>			 (Severe)
<b>Blood pressure checks</b>			
<b>Burns</b>		 	 (Severe)
<b>Chest pain</b>			 (Severe)
<b>Constipation</b>		 	
<b>Cough/congestion</b>		 	 (Difficulty breathing)
<b>Cuts/lacerations</b>			 (Severe)
<b>Diarrhea</b>		 	
<b>Drug or alcohol overdose</b>			
<b>Ear pain</b>			
<b>Extreme pain</b>			
<b>Eye injuries</b>			 (Severe)
<b>Fever</b>		 	 (Very high)
<b>Flu symptoms</b>		 	 (Difficulty breathing)
<b>General illnesses (RSV, strep, stomach flu)</b>		 	
<b>Head trauma/concussion</b>			 (Severe)

Symptoms / Injuries	Primary Care	Urgent Care In-Person or Video Visit	Emergency Department
Headaches		 	 (Severe)
Heartburn/acid reflux		 	
Insect bites		 	
Loss of consciousness/fainting			
Nausea and vomiting		 	 (Severe)
Pain with urination with or without back pain		 	
Pelvic pain/discharge			
Physicals: Sports, camp, and school			
Sexually transmitted diseases (STDs) testing		 	
Shortness of breath		 	 (Difficulty breathing)
Sinus pain/pressure/drainage		 	
Skin pain/redness/swelling/rash		 	
Sore throat		 	
Sports injuries/sprains/strains		 	
Sudden confusion, sudden weakness, trouble walking, seeing, or talking (concern for stroke)			
Suicidal thoughts	call/text 988 or go to <a href="https://988lifeline.org">https://988lifeline.org</a> for the Suicide & Crisis Lifeline		
Tick bite		 	
Vaccinations (Flu, Tdap, TD, Hep B) or PPD placement/reading			
Vaginal bleeding			 (Severe)
Vaginal discharge/irritation		 	
Visit to request labs		 	

**Notes:**

- **\*Animal bites:** if the patient is unfamiliar with the animal or the vaccines the animal has had, the patient should go to the ED, as there may be a concern for exposure to the rabies virus. The patient will need to go to the ED to receive the first shot.
- The poison control number for the state of CT/NY/RI is **1-800-222-1222**.
- In addition to the sites of care listed above, YNHHS also has four walk-in clinics that will treat patients for all items listed under urgent care in-person visits, except walk-in clinics do not conduct physicals.