



# DO YOU KNOW WHERE TO GO?

## EMERGENCY ROOM



## URGENT CARE

When faced with a medical problem that requires immediate care, it's often hard to determine if it's an emergency or an urgent medical issue. Use these tips to get you pointed in the right direction.

### When to visit the ER?

In general, an emergency condition is one that can permanently impair or endanger the life of an individual. Some conditions that require a trip to the emergency room

- Compound fractures (broken bone through the skin)
- Deep knife or gunshot wounds
- Eye injury
- High fever
- Seizures or loss of consciousness
- Serious head, neck or back injury
- Severe abdominal pains
- Severe burns
- Severe chest pain or difficulty breathing
- Signs of stroke or heart attack
- Poisoning



### When to visit Urgent Care?

Conditions that are not considered emergencies but still require care within 24 hours may be considered urgent medical conditions. Some examples include:

- Allergic reactions
- Breaks and minor broken bones & fractures
- Ear infections
- Eye irritation & redness
- Fever or flu symptoms
- Injuries from accidents & falls
- Mild fevers
- Respiratory illnesses
- Sinus infections
- Skin rashes & infections
- Sore throat or cough
- Sprains & strains
- Stitches
- Urinary tract infections
- Vomiting or diarrhea



Number of ER visits in the United States annually: 136.3 million<sup>1</sup>



71% of emergency room visits are unnecessary or could have been avoided, according to a study by Truven Health Analytics.



**BMH Emergency Room**  
 98 Poplar Street  
 Blackfoot, ID 83221  
 (208) 785-4100  
 Open 24 hours a day



**Dial 911** immediately for any medical problem that appears to be life-threatening.

**1st Choice Urgent Care & Family Medicine**  
 1350 Parkway Dr.  
 Blackfoot, ID 83221  
 (208) 782-2410

**Hours**  
 Mon. to Thurs.: 8 am to 8 pm  
 Fri: 8 am to 6 pm  
 Sat. & Sun.: 8:30 am to 6:30 pm  
*Extended hours during week of solar eclipse*

1. Data for points 1 to 5 are from the CDC "National Hospital Ambulatory Medical Care Survey: 2011 Emergency Department Summary Tables 1, 4, 14, 24."

<http://www.cdc.gov/nchs/fastats/emergency-department.htm>

\*This information is neither intended nor implied to be a substitute for professional medical advice. Dial 911 for any medical problem that appears to be life threatening.



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