

Where to Go When You are Sick

It's important to know what level of care adults need.

Emergency Care

- **Rapid Breathing:** difficulty breathing, working hard to breathe
- **Pain:** Severe chest or upper stomach pain or pressure, other sudden or severe pain, such as severe headache, without cause
- **Injuries:** Injuries that go deeply into skin, broken bones with bleeding that you can see, eye injuries, uncontrolled bleeding, fall from a height more than 2 times taller than you, or head injuries with loss of consciousness or if you are on blood thinners
- **Stroke:** New numbness or weakness in the face, arm, or leg, difficulty speaking or understanding speech, drooping face, changes in vision
- **Vomiting or Diarrhea:** Severe and lasting more than 24 hours, when blood is present (vomit that looks like coffee grounds or poop that looks black like tar)
- **Consciousness:** Fainting, sudden dizziness, confusion or changes in thinking, not being able to wake someone
- **Other:** Lips or face turning blue, seizures, severe allergic reaction, vaginal bleeding with pregnancy

Urgent or Primary Care

- **Cold and Flu:** Cold symptoms lasting more than 5 days and not getting better
- **Mild Fever:** Lasting longer than 5 days
- **Reactions:** Allergic reactions, insect bites causing a mild allergic reaction, pink eye
- **Injuries:** Broken bones, sprains and strains, head injury without loss of consciousness, cuts needing stitches, concussion symptoms
- **Other:** Minor skin burn, painful peeing

Home Care

These are recommendations only. You should follow what your doctors may have recommended based on your own medical history.

- **Fever:** Ibuprofen (Advil), acetaminophen (Tylenol)
- **Sore Throat:** Ibuprofen, acetaminophen
- **Scratchy Throat:** Warm or cold drinks
- **Runny Nose, Stuffy Nose:** Saline spray, over the counter cold and flu medicine
- **Cold/Cough:** Over the counter cold and flu medicine
- **Ear Pain:** Ibuprofen
- **Muscle Aches:** Ibuprofen
- **Dehydration** (not enough fluids for the body to work normally): **Drink fluids** in small amounts often with or without electrolytes
- **Vomiting:** **Drink fluids** in small amounts often with or without electrolytes
- **Diarrhea:** **Drink fluids** in small amounts often with or without electrolytes
Avoid: sugary drinks
- **Tiredness:** Rest

