

Is It an Emergency, or just an Urgency?

When to call an ambulance, go to the emergency room, or visit urgent care.

When seeking medical care, taking a minute before deciding where to go can mean better, more efficient care for everyone. And it can even save your life!

Symptom	Urgent Care	Emergency	911/Ambulance
Minor fractures, sprains, strains (no casting)	X		
Head injuries		X	
Allergies & asthma	X		
Cold, flu, earache, headache, or sore throat	X		
Upset stomach, diarrhea	X		
Urinary tract infections	X		
Fever under 105°F	X		
Fever over 105°F		X	
Cuts, rashes, or burns	X		
Bleeding that won't stop		X	
Bad or worsening medication reaction, overdose or poisoning		X	
Worsening reaction to an insect bite	X		
Foreign body removal	X		
Possible heart attack <ul style="list-style-type: none"> • Chest pain/discomfort • Sudden dizziness/weakness • Heartburn, nausea or abdominal pain • Difficulty breathing • Pounding heart/change in heart rhythm <small>* In women, signs of a heart attack are less severe and often not accompanied by chest pain or discomfort.</small>			X
Potential stroke <ul style="list-style-type: none"> • Sudden numbness or weakness of the face, arm or leg, especially on one side of the body • Sudden confusion, trouble speaking or understanding • Sudden trouble walking, dizziness or loss of balance/coordination • Sudden trouble seeing out of one or both eyes • Sudden, severe headache with no known cause 			X



MarinHealth Medical Center is a certified Emergency & Trauma Center, a Primary Stroke Center and an accredited Chest Pain Center. Our Urgent Care clinic is not equipped to handle Behavioral Health concerns. Patients experiencing psychiatric distress should go to the Emergency Department.