Emergency Guide:
Know Where to Go

When an emergency strikes, make sure you know where to go for care. This checklist is a quick guide for common emergencies. If the situation is life threatening, call 911 or go to the emergency room.

	Primary or Urgent Care	Virtual Urgent Care	Emergency Room
Abdominal pain — If pain is severe, go to the ER.	X		X
Allergic reaction that causes difficulty swallowing (or call 911)			X
Animal or insect bites	X	X	
Asthma attack (mild)	X		
Asthma attack (severe) (or call 911)			X
Broken bone — If skin is punctured, go to the ER or call 911	X		X
Burns — If severe, go to the ER.	X		X
Chest pain (severe) (or call 911)			X
Concussion — If loss of consciousness, go to the ER.	X		X
Coughs	X		
Diarrhea, Nausea, Vomiting — If vomiting blood, go to the ER.	X	X	X
Dizziness — If you are over the age of 65, go to the ER.		X	X
Eye irritation or redness — For penetrating or foreign body, go to the ER.	X	X	X

	Primary or Urgent Care	Virtual Urgent Care	Emergency Room
Fever — If very young infant or adult has fever of 105-plus degrees, go to the ER.	X	X	X
Headache — If severe, go to the ER.	X	X	X
Minor wounds/laceration — If uncontrolled bleeding, go to the ER.	X	X	X
Newborn — Follow-up, jaundice, feeding difficulties, rash or congestion.	X		
Numbness in arm or leg, difficulty speaking, face drooping — CALL 911			
Pregnant + minor symptoms — If you have bleeding or abdominal pain, go to the ER.	X		X
Rashes	X	X	X
Seizure (without an epilepsy diagnosis)			X
Sinus pain	X	X	
Shortness of breath — If severe, go to the ER or call 911.	X		X
Sore Throat — If child, go to urgent care.	X	X	
Sprained ankle	X		
Urinary tract/bladder infections	X	X	

CARE CLOSE TO HOME
To find a U of U Health facility near you, visit *healthcare.utah.edu/locations*.

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