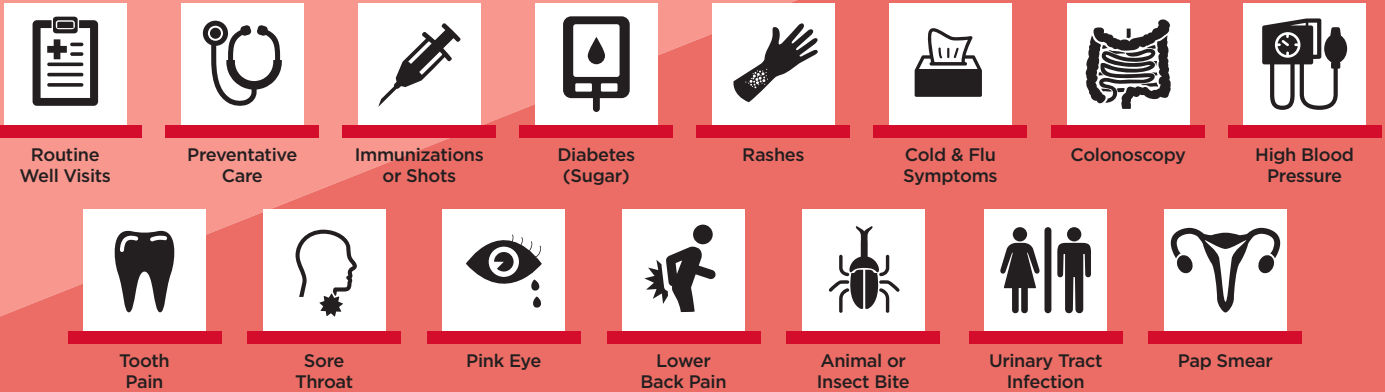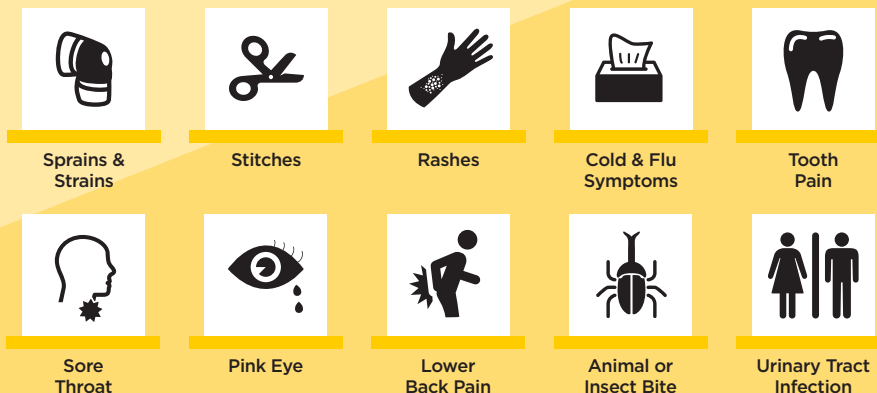# When to Visit Primary Care:

Your primary care doctor is your partner in good health and your main point of contact for your health care needs. Your doctor gives you routine care and will treat you when you have a problem that is not an emergency. You should see your doctor once a year and as needed to help you with ongoing health problems. Your doctor usually can see you during the day Monday through Friday. To find a University of Maryland Medical System primary care location, visit umms.org.

Routine Well Visits	Preventative Care	Immunizations or Shots	Diabetes (Sugar)	Rashes	Cold & Flu Symptoms	Colonoscopy	High Blood Pressure

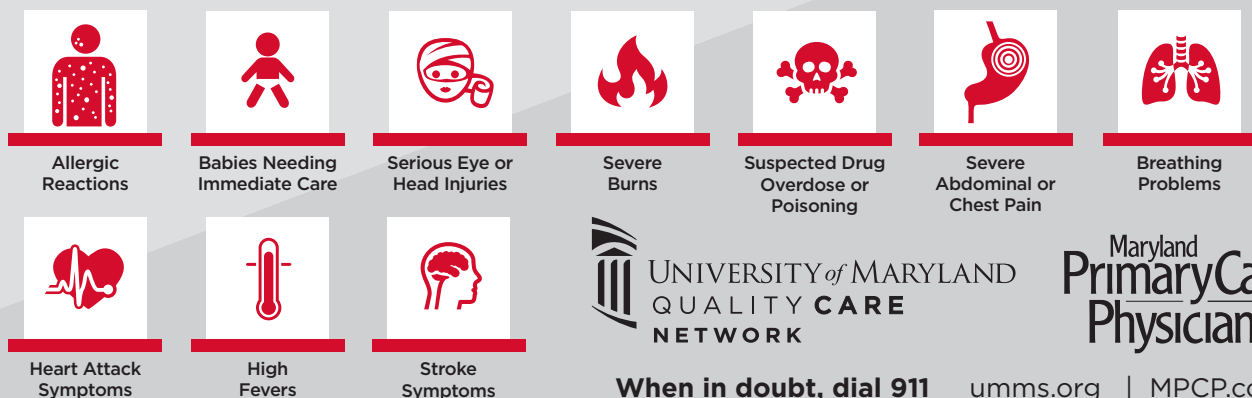| Tooth Pain	Sore Throat	Pink Eye	Lower Back Pain	Animal or Insect Bite	Urinary Tract Infection	Pap Smear

When to Visit Urgent Care:

When your primary care doctor isn't available, or if you are hurt from an injury and you need to see a doctor quickly, urgent care is there to help you. Urgent care can treat any health problem where you need to be seen quickly but is **not** an emergency. Urgent Care has evening and weekend hours when your primary care doctor may not be available. To find an urgent care location near you, visit umms.org/urgentcare.

Sprains & Strains	Stitches	Rashes	Cold & Flu Symptoms	Tooth Pain

Sore Throat	Pink Eye	Lower Back Pain	Animal or Insect Bite	Urinary Tract Infection

When to Visit the Emergency Room:

You should use the emergency room for any life or death emergency. You should follow up with your primary care doctor after a visit to emergency room. For more information about the emergency services at University of Maryland Medical System, visit umms.org.
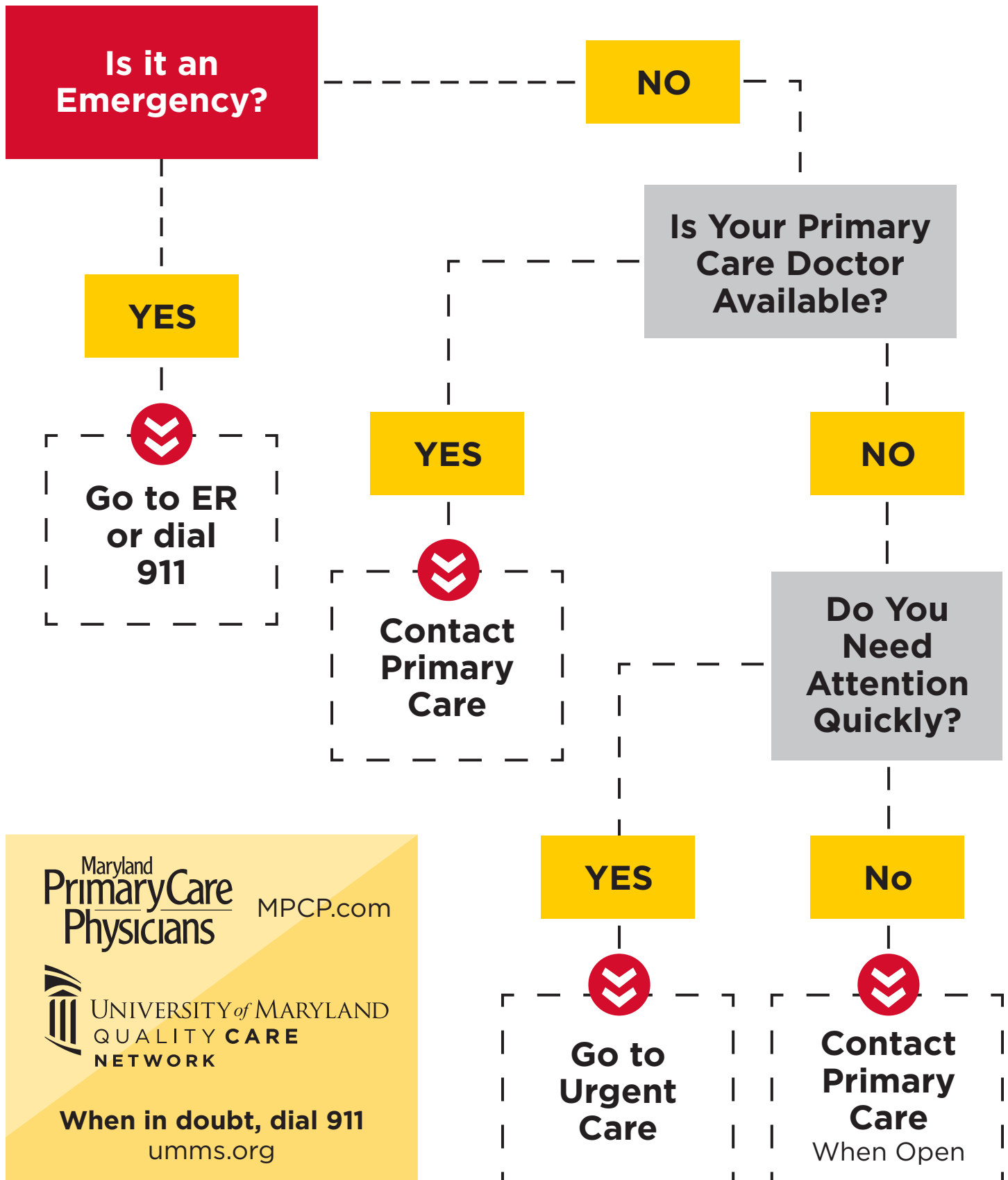
Allergic Reactions	Babies Needing Immediate Care	Serious Eye or Head Injuries	Severe Burns	Suspected Drug Overdose or Poisoning	Severe Abdominal or Chest Pain	Breathing Problems

Heart Attack Symptoms	High Fevers	Stroke Symptoms

UNIVERSITY *of* MARYLAND
QUALITY **CARE**
NETWORK

Maryland
Primary Care
Physicians

When in doubt, dial 911   umms.org | MPCP.com

Choosing Your Health Care Path

Do you know if you should go to your primary care doctor, urgent care or the emergency room? Use the chart below as a guide.

Is it an Emergency?

NO

YES

Go to ER or dial 911

Is Your Primary Care Doctor Available?

YES

NO

Contact Primary Care

Do You Need Attention Quickly?

YES

No

Go to Urgent Care

Contact Primary Care
When Open