

Whether it's a minor illness or a major injury, the last thing you want to do is wonder if you should wait to see your **Your Doctor**, head to an **Urgent Care**, or go to the **Emergency Room**.

We hope to make this decision a little easier for you!

Inova Locations

Primary Care Physicians
inova.org/inova-medical-group

Urgent Care
inova.org/urgentcare

Emergency Room
inova.org/emergency

Download the Inova App today!
inova.org/app

The Inova App gives the closest Emergency Room and wait times, a list of Urgent Care centers, search feature for physicians and specialists and so much more!

To seek advice from your doctor's office after-hours:

Please call the same phone number that you use during regular business hours to get in touch with your doctor or call **1.855.IMG.DOCS**. You will be connected to the answering service to help you speak to an on-call doctor.



Know Where to Go! Your Doctor, Urgent Care, or Emergency Room?

Inova Medical Group



A guide to help you choose the best place to go for your health care needs.

Your Doctor

When: The best place to get care for non-emergency medical problems is your primary care doctor's office. You should make an appointment with your primary care doctor for:

- Common illnesses such as colds, flu, ear aches, sore throats, migraines, fever or rashes
- Minor injuries such as sprains, minor cuts and burns, minor eye injuries or minor back pains
- Regular physicals, prescription refills, vaccinations, and screenings
- Management of chronic health issues such as diabetes, high blood pressure, high cholesterol, depression and anxiety
- Any health problem for which you need advice

Inova Medical Group promotes convenient patient access with same day appointments, extended hours, and weekend availability. Call **1.855.IMG.DOCS** to see a doctor today.

Urgent Care

When: If you need care for non-emergency medical problems after hours and are not sure if it is okay to wait until next day, you should call your primary care doctor's office to ask for advice. If you are not able to seek your doctor's advice, you should go to urgent care for:

- Common illnesses such as colds, flu, ear aches, sore throats, migraines, fever or rashes
- Minor injuries such as sprains, minor cuts and burns, minor eye injuries or minor back pains

Urgent care facilities usually have extended hours and are open in evenings and on weekends and holidays.

Emergency Room

When: If you have a serious or life-threatening medical concern, you should not wait to see or talk to your doctor. Call 911 or head to nearest emergency room for:

- Chest Pain
- Severe abdominal pain
- Sudden, severe headache
- Severe pain of any other body part
- Sudden weakness, dizziness, loss of balance
- Sudden numbness on face, arm, leg
- Difficulty breathing
- Coughing blood or vomiting blood
- Seizures
- Severe bleeding
- Severe burns
- Broken bones
- Poisonings/drug overdose
- Sudden bleeding during pregnancy
- Very high fever

Emergency rooms are open 24 hours a day, 7 days a week, 365 days a year.

****Emergency rooms are not the right place for common illnesses or minor injuries. Emergency rooms should only be utilized for emergencies!**