Are you sick or hurt? Know where to go for care.

Sickness and injury can happen at any time. Use this guide to help you decide where you can get help.







Doctor's Office

Call your doctor's office first for common medical problems.

- Fever, sore throat, earache
- Cough, congestion, cold
- Upper respiratory infection
- Flu
- Nausea, vomiting, diarrhea
- Sprains, strains
- Minor burns, cuts, rashes wounds
- Eye redness
- Minor slips, falls
- Back or neck pain
- Foreign objects in eye, ear, nose or skin that need to be removed
- Urinary problems, UTI

If you don't have a primary care provider, call the Primary Care Access Line at (252) 449-4540.

Urgent Care

Call your doctor's office first for common medical problems. If your doctor's office is closed, go to an urgent or immediate care clinic.

- Cough, congestion, cold
- Flu
- Sore throat, fever, earache
- Minor burns, cuts, rashes, wounds
- Sprains, strains
- Broken bones
- Nausea, vomiting, diarrhea

ER

Call 911 or go to your closest emergency room for sickness or injury that is life threatening or needs emergent care.

- Severe chest pain or pressure
- Shortness of breath
- Fainting or loss of consciousness (unable to wake up)
- Sudden facial drooping or weakness in arm or leg
- Suddenly not able to see, hear or speak
- Seizures or shock
- Sudden severe pain
- Bleeding that you can't stop
- Poisoning or drug overdose
- Major injuries like broken bones
- Uncontrolled diarrhea

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