

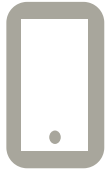
# WHERE AND WHEN TO SEEK NON-COVID CARE DURING THE PANDEMIC



Never wait to seek care for an emergency or an acute medical problem. It is also more important than ever to take care of chronic conditions like diabetes, high blood pressure, heart disease, and lung disease. Some routine care may be able to wait, but things like immunizations and cancer screening are important to address in a timely manner. Check with your doctor to see when an in-person visit is necessary, when a phone or video visit is possible, or whether care can wait.

**START  
HERE**

**CALL**



If you have a doctor, call ahead and ask if your visit should be in-person or by phone or video. Don't have a doctor? Now is the time to reach out and get primary care.

**CITY HEALTH  
CENTER**



Federally qualified health centers are open and available during the pandemic. They serve everyone, regardless of ability to pay or language.

**OFFICE VISIT**



For an in-person visit, wear a face mask, wash your hands, and stay at least six feet from others. Let staff know if you have a cough or fever.

**URGENT CARE**



Urgent care is for treatment of minor illnesses or injuries like minor cuts, burns, or sprains that cannot await a visit to your usual doctor's office.

**EMERGENCY  
DEPARTMENT**



Go to the ED if you have life-threatening symptoms like chest pain, shortness of breath, new onset weakness, severe allergic reaction, or major trauma.