

Urgent care or emergency care?

Illnesses and injuries don't always happen during regular office hours. If you need care when your regular doctor isn't available, how do you know whether to seek care at the hospital emergency department or an urgent care center? Below are some guidelines and resources.

URGENT CARE

An urgent care center is designed to supplement your family doctor's care after hours, on weekends, or when you are unable to get an appointment. Hours vary but are generally limited to daytime; some offer evening hours.

When to go to an urgent care center

- If your doctor tells you to
- If your doctor can't be reached and the condition isn't serious
- Colds, coughs, flu, fever
- Minor injuries such as a sprain
- Vomiting and/or diarrhea
- Allergies
- Nausea
- Minor burns
- Minor cuts
- Need for stitches
- Pink eye
- Rash
- Sore throat
- Suspected fracture
- Migraine
- Urinary tract infections

EMERGENCY CARE

A hospital emergency department is designed to treat serious or life-threatening illnesses and injuries and is always open.

When to seek emergency care

- If your doctor tells you to
- Car accident injuries
- Uncontrollable bleeding
- Severe difficulty breathing
- Fall from a significant height
- Serious head or neck injury
- Any loss of consciousness
- Chest pain
- High fever that doesn't get better with medicine
- Bone fracture with open wound
- After swallowing poison
- Seizure
- Severe abdominal pain
- Severe burns
- Electric shock
- Suspicion of exposure to a serious communicable disease
- Choking
- Severe allergic reaction
- Unusual or bad headache

RESOURCES

COMMUNITY HOSPITAL EMERGENCY DEPARTMENT

23625 Holman Highway, Monterey

Open 24/7, patients receive the best in emergency medicine, as well as greater comfort, privacy, and confidentiality, and with the latest technology.

MOGO URGENT CARE

■ 2020 Del Monte Avenue, Suite B
Monterey | (831) 622-6930

■ 2930 2nd Avenue, Suite 120,
Marina | (831) 622-6935

■ 26135 Carmel Rancho Blvd., Suite B-1
Carmel | (831) 622-6940
mogourgentcare.org

Open 7 days-a-week, 365 days a year, 8 a.m.– 8 p.m., experience a totally new approach to urgent care to treat minor illnesses and injuries. Book an appointment online or walk-in.

MONTAGE HEALTH eVISITS evisit.montagehealth.org

Fast and convenient care from your smartphone, computer, or tablet, 24/7, for common non-emergency symptoms. No appointment needed.



Community Hospital
of the Monterey Peninsula
Montage Health

To reduce the chances you will need emergency or urgent care, establish a relationship with a primary care doctor for regular care.

Establish regular medical checkups and screenings.

PRIMARY CARE DOCTOR

Having a primary care doctor is the best first step toward taking charge of your health. A primary care doctor can learn your medical history and help you chart your medical future, working to keep small issues from growing into larger ones.

Once you establish this important relationship, your doctor can help you **know your numbers**, starting with these five important gauges of good health:

- Blood pressure
- Cholesterol — total LDL (bad), HDL (good)
- Blood sugar
- Healthy target weight
- Recommended daily amount of physical activity

HEALTHCARE SERVICES FOR LOW-INCOME OR UNDERINSURED

If you don't have insurance, find out whether you qualify for Medi-Cal or other assistance by calling Monterey County Department of Social and Employment Services at (866) 323-1953. You may also find assistance from one of these agencies or services.

Montage Health Mobile Clinic

Serving those in need
Visit montagehealth.org/mobileclinic
for times and locations.

Natividad Medical Center — Financial Counseling

1441 Constitution Boulevard, Salinas | 755-4165

Monterey County Health Department clinics

■ Alisal Health Center
559 East Alisal Street, Suite 201
Salinas | 769-8808

■ Marina Health Clinic
3155 DeForest Road, Marina | 384-1445

■ Seaside Family Health Center
1156 Fremont Boulevard, Seaside | 899-8100

Clinica de Salud

10561 Merritt Street, Castroville | 633-1514

Planned Parenthood

■ 625 Hilby Avenue, Seaside | 394-1691
■ 316 N. Main Street, Salinas | 758-8261

RotaCare

1156 Fremont Boulevard, Seaside | 333-6495
(Wednesdays, 5–9 p.m. only; first come, first served)

Low-cost prescription assistance

■ Prescription Assistance Program | needymeds.com
■ Pharmacy discounts
Some pharmacies offer prescription savings programs and services for a small fee.

2-1-1 referral service

For information about a broad range of services, including health and dental clinics, housing and shelters, crisis intervention, and drug and alcohol counseling, call 2-1-1, a referral service operated by United Way of Monterey County.

NEED A DOCTOR?

If you need assistance finding a primary care doctor, call Community Hospital's referral line at **1-888-45CHOMP** (888-452-4667) or visit chomp.org/doctors