Emergency Room, Urgent Care, or Hotline?

**EMERGENCY ROOM**
- Any life-threatening or disabling condition
- Injury, with loss of consciousness or fainting
- Uncontrolled bleeding
- Sudden numbness of limbs or face, difficulty speaking
- Severe shortness of breath or difficulty breathing
- Sudden, severe chest pain or pressure
- Major injuries, vehicle accidents, stab wounds
- Poisoning
- Sudden, severe abdominal pain
- Vomiting blood

**URGENT CARE**
- Cough, sore throat, respiratory infections
- Earaches
- Back pain, body aches
- Burning with urination
- Colds, sinus infections, allergies
- Eye irritation, swelling or pain
- Sprains, muscle strains
- Rashes, minor cuts, scrapes, wounds
- Nausea, vomiting, diarrhea
- Animal bites

**HOTLINE**
- You are unsure if a problem is serious
- You need clarification about symptoms
- You have questions about medication
- You need advice about deciding on an Emergency room, Community Clinic, or Urgent Care
- It’s nighttime, weekend, or after normal business hours
- Know ahead of time the extent of your health insurance coverage—what is covered and what is not

If you feel that you are experiencing an emergency, call 911 immediately or go to the nearest ER.

Grossmont Healthcare District

Local Urgent Care Resources

A GUIDE TO EAST COUNTY’S URGENT CARE LOCATIONS
La Mesa

**Rady’s Children’s Hospital Urgent Care**
5565 Grossmont Center Drive
Building 2, Suite 2
La Mesa, CA 91942

**Concentra Urgent Care**
8090 Parkway Drive
La Mesa, CA 91942

El Cajon

**Minute Clinic**
2760 Fletcher Parkway
El Cajon California, 92020
(619) 461-4411 | [www.cvs.com/minuteclinic](http://www.cvs.com/minuteclinic)

**East County Urgent Care**
1625 East Main Street
Suite 100
El Cajon California, 92021
(619) 442-9896 | [www.eastcountyurgentcare.com](http://www.eastcountyurgentcare.com)

Santee

**Concentra Urgent Care**
9745 Prospect Avenue
Suite 100
Santee, California, 92071

**AFC Urgent Care**
10538 Mission Gorge Road
Suite 100
Santee California, 92071
(619) 465-0033 | [www.afcurgentcaresantee.com](http://www.afcurgentcaresantee.com)

Alpine

**Alpine Urgent Care**
1730 Alpine Blvd.
#109-B
Alpine, CA. 91901
(619) 326-4445 | [www.comprehensivemedicine.net/cal-comp-med](http://www.comprehensivemedicine.net/cal-comp-med)

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**Save time and money by going to an Urgent Care instead of a Hospital Emergency Room**

- **No appointment needed**
- **Convenient locations**
- **Extended hours**
- **Expanded services**
- **Cost efficient**

Avoid wait times at the ER and receive comprehensive excellent care. Most insurance carriers are accepted at each location, but we encourage you to reach out before you arrive.

*For local clinic locations, visit* [www.grossmonthealthcare.org](http://www.grossmonthealthcare.org)