

WHERE DO I GO FOR MEDICAL HELP?



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource

URGENT CARE

WHAT IS URGENT CARE?

- Type of medical clinic that provides care for non-emergency medical issues requiring immediate care
- You need same-day care, it's not an emergency, but you shouldn't wait to see your primary care provider

COMMON REASONS TO VISIT URGENT CARE

- Sprains
- Muscle pulls
- Small cuts that may require stitching
- Wheezing/shortness of breath
- Vomiting
- Moderate flu-like symptoms
- Abdominal pain
- Fever
- Headache, etc.

ALTERNATIVE NAMES FOR URGENT CARE:

- After hours walk-in clinics
- Minute clinics
- Quick care clinics
- Minor emergency centers

OTHER FACTORS TO CONSIDER:

- Check the hours of operation, not all urgent care centers are open 24/7
- Even at walk-in clinics, you'll need to wait your turn upon arrival



EXAMPLES OF WHEN TO VISIT URGENT CARE:

“I am going to a walk-in clinic, I thought I had a common cold but it's been three weeks and my cough is not going away and I'm finding it difficult to breathe.”

“My child is pulling at their ear and crying more than usual. I think they might have an ear infection so I made an appointment at my family health center for urgent care services”

“I am experiencing a high fever, abdominal pain, and vomiting which is interfering with my ability to work so I am driving to my medical group's urgent care clinic for same-day treatment.”