

# Know Where to Go

Choose the care you need

The symptoms listed here serve as a guide only and are not complete. Please think about the number of symptoms—several minor symptoms at the same time may add up to an emergency. If something happens and you aren't sure whether a visit to the emergency department is needed, go to the emergency department to be evaluated.

ILLNESS / CONDITION	Primary Care	Primary Care Same Day Appointment*	Telehealth Primary Care & Urgent Care	Urgent Care	Emergency Department	Call 911
	<i>(not equipped for life threatening emergency)</i>					
<b>Belly/abdominal pain</b>	Extreme pain, unable to walk or do normal activities				moderate	(severe) Call 911
<b>Breathing trouble</b>					moderate	(severe) Call 911
<b>Drug overdose/poisoning</b>	Rapid heartbeat, dilated pupils, aggression, confusion, dizziness, vomiting, gurgling sound from blocked airway, unconscious, blue fingers or lips, not breathing					Call 911
<b>Heart attack</b>	Chest pain with feeling of pressure or pain spreading into jaw, teeth, shoulder or back; or fast-beating, fluttering or pounding heart with dizziness; or shortness of breath, sweating and/or nausea or vomiting					Call 911
<b>Heat exhaustion</b>	Sweating, dizziness, weakness, nausea				■	
<b>Heat stroke</b>	Hot/dry skin, confusion, seizures, unconscious					Call 911
<b>Seizure</b>						Call 911
<b>Shock</b>	Pale, cool or clammy skin, drowsy, dizzy, confused, not able to stand, unconscious					Call 911
<b>Stroke</b>	Severe headache, sudden dizziness, numbness or paralysis, hard to see or speak, or unconscious					Call 911
<b>Vaginal bleeding during pregnancy</b>					moderate	(severe) Call 911
<b>Allergies/allergic reaction</b>	■	■	■	■	rash & vomiting	**
<b>Anxiety/depression</b>	■	■		■		CALL 911 IF LIFE-THREATENING EMERGENCY IS SUSPECTED
<b>Animal bite</b>	■	■	■	■	severe	
<b>Asthma attack</b>		mild or moderate		mild or moderate	severe	
<b>Bladder infections</b>	■	■	■	■		
<b>Broken bones</b>		minor, no bone through skin		minor, no bone through skin	bone is visible	
<b>Burns or electric shock</b>	minor burns	minor burns		minor burns	severe burns or electric shock	
<b>Chronic condition management: diabetes, high blood pressure, high cholesterol, obesity</b>	■		primary care: diabetes, hypertension			
<b>Cuts, wounds, stitches</b>		minor		minor	uncontrollable bleeding or amputation	

\*limited availability & for established patients only \*\*trouble breathing, tight throat, severe reaction history

Continued on reverse

ILLNESS / CONDITION	Primary Care	Primary Care Same Day Appointment*	Telehealth Primary Care & Urgent Care	Urgent Care	Emergency Department	Call 911
	<i>(not equipped for life threatening emergency)</i>					
Dehydration/weakness		■		■	severe	CALL 911 IF LIFE-THREATENING EMERGENCY IS SUSPECTED
Diarrhea, nausea, vomiting	■	■	■	■	severe	
Earaches & eye or skin infections	■	■	■	■		
Fever > 100.4 °F or infection	■	■	■	■		
Head injuries		minor		minor	severe or trauma	
Immunizations	■					
Insect bites or rashes	■	■	■	■		
Joint/muscle pain	■	■	■	■		
Medicine management/refills	■			■	severe	
Migraines	■	■		■		
Motor vehicle accident	■	■		■	severe	
Opioid medication-assisted treatment					■	
Pain medicine	■		non-opiate medicine	■		
Physicals for camp, employment, school, sports	■			sports		
Screenings for preventive health (blood test, Pap, etc.)	■					
Sore throat	■	■	■	■		
Sprains, strains, deep bruises	■	■	■	■		
STD/STI testing	■		■	■		
Upper respiratory infections	bronchitis, coughs, congestion, fever, flu or COVID-19 symptoms, sinus problems, sore throat				coughing or vomiting blood	
Urinary tract infection	■	■	■	■	■	
Wellness exams for all ages	■					
Women's health: birth control, family planning, menopause	■					



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MEDICAL CENTER

### Primary Care

Covington, Kent, Newcastle,  
Maple Valley, Renton  
[valleymed.org/primary-care](http://valleymed.org/primary-care)

### Urgent Care

Covington, Maple Valley, Renton  
Check wait times & hop in line:  
[valleymed.org/wait-times](http://valleymed.org/wait-times)

### Emergency Department

400 S. 43rd St., Renton  
[valleymed.org/ED](http://valleymed.org/ED)

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