

No Appointment Necessary

Monday through Friday, 8 AM – 8 PM

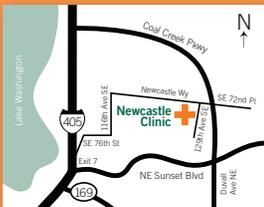
Saturday and Sunday, 8 AM – 4 PM



Covington Clinic North

16850 SE 272nd Street
Suite 210
Covington, WA 98042

Tel: 253.395.2006



Newcastle Clinic

Newcastle Medical Pavilion
7203 129th Avenue SE
Suite 200
Newcastle, WA 98056

Tel: 425.656.5590



N. Benson Clinic

10555 SE Carr Road
Renton, WA 98055

Tel: 425.656.4270



Renton Landing Clinic

1205 N 10th Street
Suite A
Renton, WA 98057

Tel: 425.656.4211

Maintain Your Health— Partner with a Primary Care Medical Provider

Emergency Room and Urgent Care clinicians help you through sudden or unexpected medical situations. When you visit the ER or Urgent Care, you will see the clinician who is on duty. In contrast, your relationship with a primary care provider is an on-going healthcare partnership.

Your primary care provider knows you and your medical history, working with you to monitor and improve your health through all life's stages. Serving as your personal health advocate, your primary care provider advises you about preventive screenings, protective immunizations and other preventive measures to keep you as healthy as possible and coordinates care with specialists when needed.

If you don't have a primary care provider, find one today. We can match you with the perfect family or internal medicine clinician to provide your primary care needs. Visit valleymed.org or call **425.277.DOCS**.

We're in Your Neighborhood

To find your nearest VMC Urgent Care or Primary Care Clinic, visit valleymed.org/clinics.

UW Medicine
VALLEY
MEDICAL CENTER

Remarkable things happen here.™

Urgent Care

Walk-in care for unexpected
sniffles, aches and bruises

- 7 days per week
- No appointment necessary



UW Medicine

VALLEY
MEDICAL CENTER

Remarkable things happen here.™



Urgent Care vs. Emergency Care

When the Unexpected Happens, Should You Go to Urgent Care or the Emergency Room?

It hurts. It itches. It's swollen. It's after hours. Use the chart below to help guide your decision on where to seek treatment for an illness or injury.

Urgent Care is a great choice when you can't wait for an appointment with your primary care provider, or when you need medical care after hours for non-life-threatening conditions.* No appointment necessary—just walk right in. Wait times are typically shorter, and co-pays and out-of-pocket costs are usually lower than an ER visit.

You should seek Emergency Care if you believe lack of immediate medical attention will likely result in any of the following:

- Serious risk to a person's health (or a pregnant woman's unborn child)
- Serious impairment of a person's bodily functions
- Serious malfunction of one or more of a person's body organs or parts

* IV fluids, IV medications or injectable narcotics are unavailable at Urgent Care.

URGENT CARE

- Allergies
- Asthma attack (mild or moderate)
- Minor broken bones with no skin penetration
- Burns (minor)
- Upper respiratory infections—coughs, congestion, fever or flu symptoms, sinus problems, sore throat, bronchitis
- Earaches and eye or skin infections
- Adult flu shots
- Insect bites or rashes
- Migraines
- Minor cuts/wounds/stitches
- Minor head injuries
- Nausea, vomiting and diarrhea
- Pregnancy tests
- Sprains, strains or deep bruises
- Bladder infections

VS.

EMERGENCY

- Asthma attack (severe)
- Broken bones (where bone is visible)
- Burns or electrical shock (severe)
- Coughing or vomiting blood
- Difficulty breathing
- Poison ingestion
- Severe diarrhea or dehydration
- Shock
- Trauma or serious head injury
- Uncontrollable bleeding or amputation
- Vaginal bleeding during pregnancy

Tip: Preparing for an Emergency

Should you arrive at the ER unconscious or unable to respond to questions, you can help the medical staff obtain critical medical information about you by listing "ICE" entries in your cell phone.



For example, "ICE—wife" or "ICE—Mom." ICE, which stands for "In Case of Emergency," is immediately recognized by medical professionals.

Time is of the Essence—Call 911 if You Have These Conditions:

- **Stroke:** Sudden dizziness, numbness or paralysis, difficulty seeing or speaking, or loss of consciousness
- **Heart Attack:** Chest pain with pressure sensation or pain radiating into jaw, teeth, shoulder or back; or palpitations with dizziness; or shortness of breath, sweating and/or nausea or vomiting
- **Severe abdominal pain**
- **Seizure**

When life-threatening emergency is suspected, call 911.