

Not feeling well? Have a minor injury or illness?

Call us first!

(Yes, even after-hours!)



Call your healthcare provider **FIRST**.
They can help you decide what to do next.

Does my insurance offer telehealth visits?

I bet my doctor's after-hours line could help me decide!

Is it safe to wait until tomorrow to be seen?

Should I go to urgent care?

Should I go to the emergency room?
How many hours will I have to wait?

Could this be COVID?

Do I need to call 9-1-1 for an ambulance?



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