

## When to Go to the Emergency Room -

What you may be experiencing:	How you may feel:
Signs of a heart attack	Pressure, fullness, squeezing or pain in the center of your chest, tightness, burning or aching under the breastbone, chest pain with lightheadedness
Signs of a stroke	Sudden weakness, numbness of the face, arm or leg on one side of the body; sudden dimness or loss of vision, especially in one eye; loss of speech, trouble talking or understanding someone else talking; sudden severe headaches with no cause; dizziness with no cause, unsteadiness or sudden falls, especially when having other symptoms of stroke.
Severe shortness of breath	
Bleeding	Does not stop after 10 minutes of direct pressure
New severe pain	Different pain too bad to go about your daily activities
Poisoning	Call Poison Control 1-800-222-1222 and ask for immediate home treatment advice, it could save your life
Severe or worsening reaction to an insect bite, sting or to medications	If breathing is difficult
Major injury	Like a head injury
Unexplained confusion, disorientation or lethargy	Drowsiness, disorientation or confusion
Coughing up or vomiting blood	
Severe or persistent vomiting	
Suicidal or homicidal feelings	

### For Urgent Medical Situations (examples below)

#### 1. Contact your Primary Care Physician

#### 2. Consider using Urgent Care instead of the Emergency Room

If you are experiencing:	Comments
Minor cut/Abrasion/Wound care	
Earache	
Fracture/Sprain/Strain	
Minor Burn	
Fever	If having seizures go to the emergency room
Sexually Transmitted Disease	
Asthma, Cold, Cough, Sore Throat, Flu	If there is trouble breathing go to the emergency room
Frequent, Bloody or Painful Urination	
Nausea/ Vomiting/Diarrhea	

See page 2 for a listing of local urgent care centers that your primary care physician works closely with.

## **Monocacy Health Partners Immediate Care – 3 locations**

### **Frederick Location -**

850 Oak Street

Frederick, MD 21702-8442

301-698-8374, fax 301-698-0182

Hours: M-F 10 am – 8 pm; Saturday and Sunday 8 am – 6 pm

### **Urbana Location -**

3430 Worthington Boulevard, Suite 101

Frederick, MD 21704

240-566-7300

Hours: M-F 10 am – 8 pm; Saturday and Sunday 8 a.m. – 6 p.m.

### **Mt. Airy Location –**

1502 South Main St.

Mt. Airy, MD 21771-5325

301-829-5888, fax 301-829-5875

Hours: M-F – 10 am – 8 pm; Saturday and Sunday 8 am – 6 pm