

Where Should You Go for Medical Care?



When you are sick or injured, knowing where to go to get good care can save you valuable time and frustration. Your first thought may be to call 911 or go to your local hospital’s emergency room (ER). But the ER may not be the best place to be treated for your injury or illness. When your injury or illness isn’t life threatening, the ER is an expensive, time-consuming attempt for help. There are other options that can be faster and less expensive.


Using the chart below, work with your healthcare team to identify what conditions you should see a doctor or nurse, or visit a clinic or urgent care facility, or the hospital ER.

Check the box that’s best for you.


Signs and Symptoms	Kidney Doctor or Nurse	Clinic or Urgent Care Facility	Hospital ER	Notes
Feeling confused or cannot think clearly				
Dizzy or light-headed or feel like you may faint				
Increase in blood pressure				
Exposed to someone with COVID-19				
Cough, cold, or sore throat				
Rashes or skin irritations				
Fistula site red, drainage, warm to touch, or bleeding				
Catheter exit site red, tender, or puss around the exit site				
Fever or flu-like symptoms				
Stomach pain				
Mild injuries				

Signs and Symptoms	Kidney Doctor or Nurse	Clinic or Urgent Care Facility	Hospital Emergency Room	Notes
Earache				
Shortness of breath or difficulty breathing				
Chest pain				
Non-stop bleeding				
Cloudy peritoneal dialysis fluid				

Healthcare Team Notes:



ER
ERs are equipped and staffed to provide life-saving treatment, 24/7.



Urgent Care Center
Urgent care centers offer convenient, same-day care. They are for when you can't wait for an appointment with your doctor, but you don't quite need an ER.



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