UMPQUA HEALTH

I am sick or hurt, **Where Should I Go?**

Go to the Emergency Room or Call 911



For serious or life-threatening emergencies

If you are in danger or need immediate care, don't wait. Call 911 or go to the nearest Emergency Room (ER).

- Bleeding that won't stop
- Severe burns or deep cuts
- Severe difficulty breathing
- Chest pain or pressure
- Seizures
- Vomiting blood
- Fainting or loss of consciousness
- Numbness in your face, arm, or leg
- Fever with rash

Visit Urgent Care or a Walk-In Clinic



For illnesses or injuries that need attention today

When your doctor's office is closed or unavailable, urgent care can help with issues that are not life-threatening but shouldn't wait

- Cuts needing stitches
- Minor burns
- Sprains or strains
- Ear infections or pink eye
- Shortness of breath (mild)
- Vomiting or diarrhea
- Back pain or migraines
- Colds, flu, and fevers
- Fever without rash

Go to Your Doctor's Office



For everyday health needs and ongoing care

Your doctor *(Primary Care Provider)* knows your history and is your best first step for most health concerns.

- Checkups and vaccinations
- Medication refills
- Health screenings *(like blood pressure or lab tests)*
- Managing chronic conditions *(like diabetes or asthma)*
- Questions about new or ongoing symptoms

UMPQUA HEALTH

Connect with us:

Umpqua Health
Monday – Friday
8 AM – 5 PM

Phone: 541-229-4842
Toll free: 866-672-1551
TTY: 541-440-6304 | 711

Address:
3031 NE Stephens Street,
Roseburg, OR 97470

Email: *UHCustomerCare @umpquahealth.com*

Website:
www.umpquahealth.com

Social Media:
Facebook.com/UmpquaHealth

Need care but not sure where to go?

We can help you find the right care and choose or change your Primary Care Provider (PCP).

If you aren't sure which type of care to seek, call the 24-hour Nurse Hotline at 888-516-6166

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English:
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SERVICIOS DE IDIOMAS

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Español:
Puede obtener este documento en otros idiomas, en letra grande, en braille o en el formato que prefiera. También puede solicitar un intérprete. Esta ayuda es gratuita. Llame al 541-229-4842 o al 711.

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