

## 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

## 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](mailto:UHCustomerCare@umpquahealth.com)

Website:  
[www.umpquahealth.com](http://www.umpquahealth.com)

Social Media:  
[Facebook.com/UmpquaHealth](https://www.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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