

## Symptoms

## Action

Your primary care doctor can best manage your health care needs. Use this plan to help you decide where to go for immediate, same day care when you are unable to reach your doctor.

Please call your doctor's office as soon as possible after an Immediate Care or Emergency Room visit so they can help you schedule a follow-up appointment and assist you with any follow-up care.

### GREEN ZONE: GO TO YOUR PRIMARY CARE DOCTOR'S OFFICE

Schedule an appointment for regular and preventive care for:

- Check Ups and Shots, Regular Health Screenings
- Fever, Flu, Sore Throat, Coughs/Cold
- Infection
- Vomiting and Diarrhea
- Injuries such as Sprains and Cuts
- Lingering Pain
- Mild Headache
- Ear Problems



GO TO  
DOCTOR'S  
OFFICE

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### YELLOW ZONE: GO TO IMMEDIATE CARE

- You are unable to reach your doctor AND
- You have symptoms similar to those listed under the green zone.



GO TO  
IMMEDIATE  
CARE  
CENTER

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### RED ZONE: GO TO EMERGENCY DEPARTMENT or CALL 911

If you are experiencing SEVERE symptoms that are life threatening. Symptoms including, but not limited to:

- Severe Chest Pain or Pressure
- Choking
- Severe Burns
- Severe StomachPains
- Difficulty Breathing
- Serious Head, Neck or Back Injury
- Loss of Limb
- Convulsions or Seizures



GO TO  
EMERGENCY  
ROOM