

Emergency Room, Urgent Care or Hotline?

Go to EMERGENCY when you have:

- Difficulty breathing, shortness of breath.
- Sudden chest or upper abdominal pain or pressure lasting 2 minutes or more.
- Fainting, sudden dizziness, weakness.
- Sudden blindness, vision changes or severe headache.
- Difficulty speaking or walking; numbness or sudden weakness of any part of the body.
- If a baby or elderly person has a fever of over 102°.
- High fever with a rash.
- Bleeding that won't stop with direct pressure from mouth, nose, vagina, bottom or any wound.
- Vaginal bleeding while pregnant.
- Head injury, possible concussion.
- Severe or persistent vomiting or diarrhea.
- Coughing or vomiting blood.
- Broken or dislocated bones that protrude through the skin.
- Severe burns.
- Allergic reaction, especially difficult breathing.
- Poisoning or drug overdose.
- Delusion, confusion or changes in mental status. Suicidal or homicidal feelings.
- Sudden onset of a medical condition.

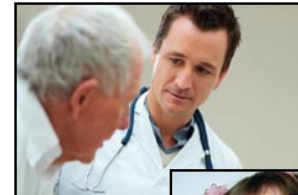
Use a COMMUNITY CLINIC or URGENT CARE when:

- A medical condition started slowly.
- The patient is generally in good health.
- The patient can drive themselves.
- Check-up after minor traffic accident.
- Sprained bones or muscles where bone does not protrude from skin.
- Broken fingers or toes (unless partially or fully amputated).
- Flu-like symptoms or common colds.
- Cough, runny nose, sore throat, congestion.
- Pain while urinating.
- Mild asthma.
- Rash without a slight fever.
- Fever with a small rash.
- Minor cuts that stop bleeding with pressure.
- Visit an Urgent Care Clinic when your condition is beyond the scope or availability of your regular primary care provider or if the condition is not severe enough to warrant a trip to the emergency room.

Call your INSURANCE company's hotline when:

- You are unsure if a problem is serious.
- You need clarification about symptoms.
- You have questions about medications.
- You need advice about deciding on an Emergency Room, Community Clinic, or Urgent Care.
- It's nighttime, weekend, or after normal business hours.

Know ahead of time the extent of your health insurance coverage—what is covered and what is not.



Paid for by



**Grossmont
Healthcare District**

9001 Wakarusa St., La Mesa, CA 91942
www.grossmonthealthcare.org

Neighborhood Healthcare

855 E. Madison Ave., El Cajon, CA 92020
(619) 440-2751

Neighborhood Healthcare

10039 Vine St., Lakeside, CA 92040
(619) 390-9975

**La Maestra Community Health Care,
El Cajon City Medical Clinic**

165 S. First St., El Cajon, CA 92019
(619) 312-0347

**La Maestra Community Health Care,
El Cajon City Dental Clinic**

183 S. First St., El Cajon, CA 92019
(619) 328-1335

**La Maestra Health Care, Lemon Grove
Medical & Dental Clinic**

7967 Broadway, Lemon Grove, CA 91945
Medical: (619) 741-7423
Dental: (619) 741-3045

**Grossmont Spring Valley
Family Health Center**

8788 Jamacha Road, Spring Valley, CA 91977
(619) 515-2555

Information verified May 2011.

**Save time and money by going to a Community Clinic or
Urgent Care* instead of a Hospital Emergency Room.**

No appointment needed, convenient locations, extended
hours, expanded services, cost efficient. Avoid wait-times
at the ER and receive comprehensive excellent care.

Lemon Grove

Family Health Center

7592 Broadway, Lemon Grove, CA 91945
(619) 515-2550

Chase Avenue

Family Health Center

1111 W. Chase Avenue, El Cajon, CA 92020
(619) 515-2499

Southern Indian Health Council

Alpine Clinic

4058 Willows Road, Alpine, CA 91901
(800) 400-1189

Southern Indian Health Council

Campo Clinic

36350 Church Road, Campo, CA 91906
(800) 400-1189

**Southern Indian Health Council,
Substance Abuse Programs,
Outpatient Facility**

8 Crestwood Place, Boulevard, CA 91905
(800) 400-1189

Mountain Health & Community Services, Family Medicine

1620 Alpine Blvd., Alpine, CA 91901
(619) 445-6200

Mountain Health & Community Services, Family Medicine

31115 Highway 94, Campo, CA 91906
(619) 478-5311

Volunteers in Medicine

1457-1/2 E. Madison Ave., El Cajon, CA 92019 (619) 440-4591

Sycuan Medical/Dental Center

5459-C Sycuan Road, El Cajon, CA 92019 (619) 445-0707

**For locations of Urgent Care
clinics in the Grossmont
Healthcare District, please visit*

www.grossmonthealthcare.org