

# WHERE DO I GO WHEN I AM SICK OR HURT?

Follow these steps to know where to go for the appropriate level of medical care.

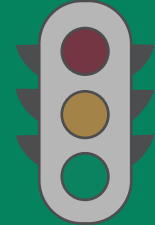
## Can you wait a day to see your doctor?

### Examples:

- Checkups
- Cholesterol problems
- Chronic disease management
- Cough or colds
- Diabetes
- Flu-like symptoms or fever
- Headaches and migraines
- High blood pressure
- Lingering pain
- Regular health screenings
- Skin disorders and more

To schedule an appointment with a Phelps Health provider, please call (573) 364-9000.

Call or see  
your doctor



## Can you wait a few hours for medical care?

### Examples:

- If your doctor is not available
- Allergies
- Bug bites and stings
- Coughing
- Ear or sinus infections
- Flu-like symptoms or fever
- Minor cuts, wounds or burns
- Nausea, vomiting or diarrhea
- Sore throat or strep throat
- Sprains or possible broken bones
- Urinary tract or bladder infections and more

Seek help at Phelps Health Immediate Care Waynesville, Immediate Care Rolla or the Walk-In Clinic in the Phelps Health Medical Office Building.

Visit an immediate  
care clinic or  
walk-in clinic



## Do you need medical care now?

### Examples:

- Deep cuts that require stitches
- Extremely high fever
- Fainting or seizures
- Heart attack
- Major broken bones or dislocations
- Major burns
- Poisoning
- Severe pain or trauma
- Sudden numbness or weakness
- Trouble breathing or chest pain
- Uncontrolled bleeding and more

Use the list above to help decide if it is an emergency.

*\*If you experience a serious or life-threatening medical issue or emergency, do not wait.*

Go to the  
emergency room  
or call 911

