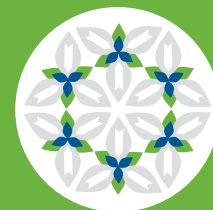


SICK OR HURT? WHERE DO YOU GO?



NORTHERN MICHIGAN
**HEALTH
NETWORK**

**CONTACT
YOUR
DOCTOR**

\$

**I NEED MEDICAL CARE
AND I FEEL SAFE TO WAIT A DAY.**

Examples are:

- Runny nose
- Simple backache
- Sore throat or earache

NOTE: Your primary care provider may have extended and/or available hours, call today.

**GO TO
URGENT
CARE**

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**I NEED MEDICAL CARE TODAY AND
FEEL SAFE TO WAIT A FEW HOURS.**

Please call your Primary Care Physician first even if after normal business hours. They may be able to provide care over the phone or in the office.

Examples are:

- Tried but could not reach my doctor
- Reached the doctor and told to go to an Urgent Care Center

**GO TO
EMERGENCY
ROOM OR
CALL 911**

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**I NEED MEDICAL CARE NOW AND
DO NOT FEEL SAFE TO WAIT.**

Examples Are:

- Trouble breathing or chest pain
- Fainting
- Sudden numbness or weakness
- Uncontrolled bleeding
- Severe pain or serious injury

