

Where to Go for Care

When to Go to a Clinic, Urgent Care and the Emergency Department

When to Go to an Allina Health Clinic or Urgent Care

A clinic can usually provide care for the following problems. If a clinic does not have an appointment available or the problem is more serious, go to urgent care. Urgent care treats people of all ages.

Go to an Allina Health clinic or urgent care for:

- **injuries such as:**
 - cuts or bruises
 - sprains or bone breaks
 - burns
 - eye injuries or minor changes in vision
- **infections such as:**
 - fever
 - sore throat or ear pain
 - cold or flu symptoms
 - respiratory infections
 - urinary tract infections (UTIs)
 - skin infections
- **illnesses such as:**
 - rashes or allergic reactions
 - migraines and headaches
 - back pain
 - minor chest pain (without history of a heart problem)
 - abdominal pain, throwing up (vomiting) or diarrhea.

Whom to Call With Questions

Call an Allina Health clinic or urgent care if you have questions about where to go for care. Visit allinahealth.org/mapfinder for phone numbers and locations.

It's important to go to urgent care for all other non-life-threatening injuries, infections and illnesses.

When to Go to the Emergency Department

Go to the nearest hospital Emergency Department or call 911 right away if you have any signs or symptoms of a life-threatening condition, such as:

- severe chest pain
- severe breathing problems
- severe allergic reactions
- severe head or back injuries
- severe bleeding or throwing up (vomiting) that won't stop
- sudden weakness or vision loss
- trouble talking
- loss of consciousness
- poisoning
- severe bone breaks, burns and cuts
- choking.

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Insurance Coverage

Please call your insurance provider to find out exactly what is and isn't covered under your plan, and how much you have to pay yourself.