

Occupational health/ urgent care center or ER

Which one should you go to?

Occupational health center

Occupational health centers deliver the same quality of care as urgent care centers, but focus on treatment only for work-related injuries. They are a great option if you have one in your community. They ensure all parties receive adequate communication to better manage injury care and return to work coordination. Some centers can also offer physical and occupational therapy, DOT and employment physicals, drug and alcohol testing and OSHA compliance.

Urgent care center

If you have symptoms that you'd generally go to your primary care physician for then you should consider going to an urgent care center. They are equipped to respond quickly to many non-life threatening illnesses and injuries, including:

- Sprains
- Strains
- Animal or insect bites
- Nose bleeds
- Dehydration
- Infections
- Mild asthma
- Eye redness or irritation
- Abdominal pain
- Mild allergies
- Rash and other skin irritations without fever
- Minor scrapes or burns
- Lacerations where bleeding is controlled but may require sutures
- Broken bones in the wrist, hand, finger, ankle, foot or toes that have no obvious need to reset and have not broken the skin

Emergency room (ER)

Going to an ER is the best option in cases where the conditions are life-threatening and may require advanced treatment. If you are experiencing any of the symptoms below or if you are in doubt, seek care from the nearest ER or call 911.

- Deep cuts or large open wounds that won't stop bleeding
- Large or open bone fractures and dislocated joints
- Knife or gunshot wounds
- Loss of consciousness
- Head injuries or other major traumas
- Seizures
- Chest pains or difficulty breathing
- Confusion or sudden changes in mental state
- Severe burns
- Coughing or vomiting blood
- Severe pain especially in the abdomen or starting mid-back
- Eye injuries
- High fevers
- Rash accompanied by fever
- Spinal injuries
- Drug overdoses