

# What level of care do I need?



Ashtabula County Medical Center's Emergency Department Medical Director Imraan Haniff, MD, offered these tips for deciding whether an illness or injury requires a visit to ACMC's Emergency Department, Express Care or a primary care provider.



## CHOOSE ACMC'S EMERGENCY DEPARTMENT

These types of situations require immediate medical care:

- ✓ Bleeding that cannot be stopped.
- ✓ Coughing up or vomiting blood.
- ✓ Drug overdose or suspected poisoning.
- ✓ Extreme emotional distress, including suicidal or homicidal thoughts.
- ✓ Head injury or major injury to the body or limbs.
- ✓ Injuries caused by violence, such as gunshot wounds.
- ✓ Loss of consciousness.
- ✓ Severe burns.
- ✓ Signs of a heart attack or stroke (sudden, severe pain; chest discomfort; loss of muscle control; difficulty breathing or speaking).
- ✓ Sudden fall.
- ✓ Sudden paralysis.
- ✓ Vehicle crash.



## CHOOSE ACMC'S EXPRESS CARE

ACMC's Express Care provides walk-in care for nonemergency injuries or illnesses for anyone ages two and up. Types of situations where Express Care is appropriate include:

- ✓ Bites, stings and rashes (as well as other minor skin conditions).
- ✓ Cellulitis.
- ✓ Cold and flu.
- ✓ Conjunctivitis and styes.
- ✓ Cuts, scrapes and bruises.
- ✓ Earaches.
- ✓ Infections (sinus, upper respiratory, urinary tract, ear, nose and throat).
- ✓ Minor back and shoulder pain (without history of trauma).
- ✓ Seasonal allergies.
- ✓ Shingles, ringworm and impetigo.
- ✓ Simple sprains and strains.
- ✓ Sports injuries.
- ✓ Stomach aches.

Get directions to ACMC's Express Care locations—visit [acmchealth.org/expresscare](http://acmchealth.org/expresscare).



## CHOOSE ACMC'S PRIMARY CARE

Your primary care physician is there for first diagnosis and continuing care for a variety of acute and chronic health concerns. They also provide health education, wellness checkups, screenings and specialist referrals. If you are an established patient, your physician may also be able to see you for:

- ✓ A checkup before you begin a new exercise program or prior to travel.
- ✓ Colds, flu and sinus problems that do not go away after 10 days.
- ✓ Recurring pain, such as frequent headaches.
- ✓ Renewal of prescriptions.
- ✓ Suspected pregnancy (schedule an appointment with your OB-GYN).

To schedule an appointment with a family physician or nurse practitioner, call **440-997-6969**.