

Emergency Care or Urgent Care?



Illnesses and injuries don't always happen during regular office hours. If you need care when your regular doctor isn't available, how do you know whether to seek care at the hospital emergency department or an urgent care center? Below are some guidelines.

EMERGENCY CARE

A hospital emergency department is designed to treat serious or life-threatening illnesses and injuries and is always open.

When to seek emergency care:

- If your doctor tells you to
- If you are injured in a car accident
- Uncontrollable bleeding
- Severe difficulty breathing
- Fall from a significant height
- Serious head or neck injury
- Any loss of consciousness
- Chest pain
- High fever that doesn't get better with medicine
- Bone fracture with open wound
- After swallowing poison
- Seizure
- Severe abdominal pain
- Severe burns
- Electric shock
- Suspicion of exposure to a serious communicable disease
- Choking
- Severe allergic reaction
- Unusual or bad headache

URGENT CARE

An urgent care center is designed to supplement your family doctor's care after hours, on weekends, or when you are unable to get an appointment. Hours vary but are generally limited to daytime; some offer evening hours.

When to go to an urgent care center:

- If your doctor tells you to
- If your doctor can't be reached and the condition isn't serious
- Colds, coughs, flu, fever
- Minor injuries such as a sprain
- Vomiting and/or diarrhea
- Allergies
- Dizziness
- Nausea
- Minor burns
- Minor cuts
- Pink eye
- Rash
- Sore throat
- Need for stitches
- Migraine
- Urinary tract infections

To reduce the chances you will need emergency or urgent care, establish a relationship with a primary care doctor for regular care.



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When it comes to your health, everything matters.

PRIMARY CARE DOCTOR

Having a primary care doctor is the best first step toward taking charge of your health. A primary care doctor will learn your medical history and help you chart your medical future, working to keep small issues from growing into larger ones.

Once you establish a relationship with your doctor, they can help you **know your numbers**, starting you on the path towards a healthier future.

- Blood pressure
- Cholesterol – total LDL (bad), HDL (good)
- Blood sugar
- Healthy target weight
- Recommended daily amount of physical activity

CLINICS



Hazel Hawkins Community Health Clinic
930 Sunset Drive, Bldg. 3
Hollister, CA 95023
(831) 636-2664



Hazel Hawkins Mabie Health Care Center
991 Fourth Street
Hollister, CA 95023
(831) 636-3277



Hazel Hawkins Community Health Clinic at San Juan Bautista
301 The Alameda, Space B-3
San Juan Bautista, CA 95045
(831) 623-4615



Mabie First Street Health Care Center
321 First Street
Hollister, CA 95023
(831) 638-1652



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NEED A DOCTOR?
If you need assistance finding a primary care doctor, call Hazel Hawkins Hospital Community Relations:
(831) 636-2644