

WHERE TO GO FOR CARE

A symptom-based guide to seeking care at UW Medicine.

Symptoms and Conditions	Same-Day Care			Schedule Ahead		Emergency Room	Call 911
	On-demand Video Visit	E-Visit	Urgent Care	Primary Care Provider	Telemedicine		
Chest pain/heart attack							●
Difficulty breathing (severe)							●
Head injury with loss of consciousness							●
Life-threatening illness or injury							●
Seizures							●
Stroke: balance loss, blurred vision, face drooping, slurred speech, bad headache							●
Uncontrolled bleeding							●
Shortness of breath (moderate)						●	
Severe burns, pain or head trauma						●	
Sudden loss of vision						●	
Stomach problems: constipation, diarrhea, heartburn, nausea, vomiting	●		●	●		● Vomiting blood	
Broken bones			● Minor, cannot see bone			● Severe, can see bone	
Abdominal pain			● Mild, moderate			● Severe	
Allergies	●		●	●	●		
Anxiety	●			●	●		
Asthma attack (mild)	●		●	●	●		
Behavioral health	●			●	●		
Check-ups (primary care)				●	●		
Chronic illness management	●			●	●		
Cough	●	●	●	●	●		
COVID therapeutics	●	●	●	●	●		
Depression	●			●			

Call 911 if you feel you have a life-threatening illness or injury.

Illnesses and Conditions	Same-Day Care			Schedule Ahead		Emergency Room	Call 911
	On-demand Video Visit	E-Visit	Urgent Care	Primary Care Provider	Telemedicine		
Ear pain			●	●			
Erectile dysfunction	●	●		●	●		
Follow-up care	●			●	●		
Headaches/migraines	●		●	●	●		
Immunizations	● Advise, order			●			
Medication management				●	●		
Motion sickness prevention	●	●		●	●		
New pregnancy				●			
Nutrition and diabetes support	●			●			
Physical exams				●			
Pink eye, styes	●	●	●	●	●		
Pre-surgical evaluation				●			
Quitting tobacco/smoking	●	●		●			
Review test results with your provider	●			●	●		
Screenings: pap smear, blood tests				●			
Sexually transmitted infection screening and treatment	●	●	●	●	●		
Sinus pain	●		●	●	●		
Skin issues: burns and cuts (minor), insect bites, rashes	●		●	●			
Sore throat	●		●	●	●		
Sports physicals				●	●		
Sprains and strains	●		●	●	●		
Upper respiratory symptoms (including COVID-19, flu and RSV)	●	●	●	●	●		
Urinary discomfort/UTI	●	●	●	●	●		
Vaginal discharge	●	●	●	●	●		
Wellness exams				●	●		
Wheezing (mild)	●		●	●			
Work injury (opening of L&I claim)			●	●			

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