

**Snow Health Center, Urgent Care, or
Emergency Room?
Which do I choose?**

Illness or Minor Injury

Remember, if it's not urgent, it's usually best to go to University Health Services, located in the Snow Health Center. If you have the Student Insurance Policy they can see you for just a \$10 co-pay. They can also refer you to a specialist, if needed. Here are some situations that should be treated at Health Services:

- Preventative Health
- Colds
- Coughs
- Sore throats
- Sinus infections
- Flu
- Minor cuts
- Sprains
- Rashes
- Bladder infections

Sometimes, you need care that is fast and if the Snow Health Center is not available, a trip to the urgent care center may be the right choice.

They treat minor conditions that are not life-threatening.

Life threatening

If you think your life is in danger or that symptoms could worsen quickly, take action right away. Here are some situations that should be treated in the ER:

- Heavy bleeding
- Large open wounds
- Sudden vision change
- Chest pain
- Sudden weakness or trouble talking
- Major burns
- Spinal injuries
- Significant head injuries
- Obvious broken bones
- Difficulty breathing

Snow Health Center

Urgent Care

In a life-threatening emergency, seek immediate attention by calling 911 or going to the Emergency Room (ER) at your nearest hospital.