



# KNOW BEFORE YOU GO

When to visit the ER, KCH or Urgent Care

The next time you have a minor or non-emergency health issue, think about your choices for care. Trips to the ER can be expensive and time consuming with nearly 60% of ER visits being better suited to a primary care setting.

**REMEMBER:** Call your primary care doctor first. Kaniksu Community Health has same day appointments Monday - Friday.

A KCH health care provider or triage nurse is always on call after hours and on weekends.

## KANIKSU COMMUNITY HEALTH

- Wellness tests & annual screenings
- Flu shots & vaccines
- Fevers
- Minor infections
- Colds, earaches
- Sore throat
- Small cuts and bruises
- Sprains or strains
- Urinary tract/bladder infection
- Minor skin conditions
- Minor broke bones (fingers)
- Muscle, back & joint pain
- Minor drug reactions
- Sores & blisters
- Mild abdominal pain

## EMERGENCY ROOM

- Chest pain
- Severe abdominal pain
- Head trauma
- Loss of consciousness
- Uncontrolled bleeding
- Difficulty breathing
- Sudden weakness/trouble speaking
- Sudden change in vision
- Loss of limb
- Poisoning
- Severe burns
- Convulsions or seizures
- Serious head, neck or back injury

## URGENT CARE

Urgent care centers are a good option for non-emergency needs while you are out of town, on a weekend or after hours.

**Not sure if you need to be seen immediately?** Remember to call KCH first and speak with our on call staff.

We are available 24/7 by phone or patient portal for assistance

Bonnars Ferry: 208.267.1718

Priest River: 208.448.2321

Sandpoint: 208.263.7101

Patient Portal: [www.NextMD.com](http://www.NextMD.com)