



**Northeast Valley
Health Corporation**
a californi^hcenter

Know Your Quick Care OPTIONS Before You Go

When you use our quick care options to manage your primary care needs you receive timely, effective care and help reduce dangerous overcrowding in the ER. At Northeast Valley Health Corporation, we offer the following quick care options:



In-Person Visits

Same day appointments are often available. Call **(XXX) XXX-XXX** or visit your health center to schedule a visit.



24/7 Care Advice

Call **(XXX) XXX-XXXX** to speak to a health care professional about your health concerns at any time.



Patient Portal Email

Send a message to your primary care doctor at any time through your Patient Portal at: bit.ly/NEVHCPatientPortal



Primary Care

We encourage you to use our quick care options when an illness or injury requires medical attention but is not an emergency medical condition. Consider our quick care options when you are experiencing the following:

- Headaches
- Ear pain
- Sore throat
- Coughs and congestion
- High Fever
- Backache
- Painful urination
- Minor injuries
- Mild sprains and cuts

Emergency Care

For life or limb-threatening emergencies call 9-1-1 or visit an Emergency Room. Examples of medical emergencies are:

- Stroke symptoms:
- Heart attack symptoms:
- Fainting or dizziness
- Suicidal thoughts
- Severe shortness of breath
- Coughing or vomiting blood
- Severe or persistent vomiting or diarrhea
- Sudden onset of severe abdominal pain
- Uncontrolled bleeding
- Life or limb threatening injury