

# Where should you go if you **need care today?**

**Express Care\***  
18 months–75 years

A walk-in clinic that treats minor medical conditions.

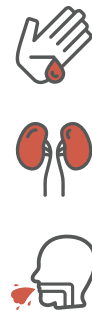
- ..... Allergies
- ..... Bladder infections
- ..... Cold sores
- ..... Ear and eye infections
- ..... Head lice
- ..... Insect and tick bites
- ..... Sinus infections
- ..... Strep throat
- ..... Rashes



**Urgent Care**  
Newborn +

Offers same-day minor medical treatment.

- ..... Back or muscle pain
- ..... Cuts and minor burns
- ..... Ear ache
- ..... Skin conditions
- ..... Sprains or joint pain
- ..... Upper respiratory infection and bronchitis
- ..... Urinary tract infections
- ..... Vomiting and diarrhea



**Emergency Department**  
Newborn +

Delivers care for severe and life-threatening situations that require immediate medical attention.

- ..... Chest pain or pressure
- ..... Head injuries
- ..... Seizures
- ..... Severe abdominal pain
- ..... Shortness of breath or pneumonia
- ..... Sudden, severe headaches, paralysis or weakness
- ..... Uncontrolled bleeding
- ..... Anxiety/Depression



**When should you call 911?**

Don't drive yourself to the Emergency Department for these symptoms. Call 911 right away!

- ..... Life- or limb-threatening injury
- ..... Shortness of breath or difficulty breathing
- ..... Signs of stroke, including sudden numbness, slurred speech, severe headache, weakness on one side of the face or loss of consciousness
- ..... Signs of a heart attack, including chest pain, pain in the left arm or jaw, sudden weakness or dizziness



\*In communities without Mayo Clinic Health System Express Care, patients can receive treatment for their minor medical conditions at Urgent Care.

Visit our website for a complete list of treatment locations.

[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)