Don't Let Winter Catch You Slipping!

CENTRAL RIVERS AREA EDUCATION AGENCY

Midwest winters are no joke. Snow and ice can turn an ordinary walk to the car into an unexpected slip, trip, or tumble. A little extra caution can go a long way this winter:

Site-of-Care

Knowing where to go in your time of need will help you both physically and financially. Below are some of your options for sites of care if an injury were to arise.

Where should you go?

Doctor's Office | $$

For non-emergency injuries or illnesses that can wait for an appointment, your primary care doctor is a great place to start. They already know your health history and can diagnose and treat many common conditions.

Urgent Care | $$$

For something that needs attention sooner but **isn't a true emergency**, urgent care may be the better choice. For example, a winter fall that results in a sprain may be something an urgent care center can evaluate and treat.

Emergency Room | $$$$

The ER should generally be reserved for **serious or life-threatening illnesses or injuries**, such as:

- Chest pain
- Shortness of breath
- Uncontrollable bleeding
- Poisoning

Still Unsure?

Take a minute to watch the **"Know Where to Go"** video for additional examples that can help you understand your care options.