








 When to Stay Home	 Primary Care	 DirectCare	 Emergency Department
COST			 	  
RECOMMENDATION FOR	<p>Patients between the ages of 3 months and 60 years old that are experiencing flu or cold like symptoms without: Shortness of breath, breathing distress, chest pain or fever of 104°F</p>	<p>Annual checkups, isolated health issues, acute chronic conditions. Even though the issues may be more manageable, same day appointments can often be made to take care of the issue.</p>	<p>Addressing medical problems more promptly than an appointment, but not with life-threatening urgency. Many DirectCare clinics are also open during evenings and weekends when your PCP may not be available.</p>	<p>If you're experiencing a medical emergency please call 911 or go to your nearest emergency room.</p>
EXAMPLES	<ul style="list-style-type: none"> • Mild illnesses • Mild flu or cold-like symptoms <p>You can: Isolate, take over the counter medications for fever reduction, pain and over the counter cough medications if those symptoms are present. If your symptoms worsen or you are ill for over 3-5 days, please call in to speak with a nurse.</p>	<ul style="list-style-type: none"> • Check-ups and regular screenings • General medical and behavioral health questions • Questions or concerns about medications • Mild to moderate pain or discomfort • Management of a chronic condition • Rashes 	<ul style="list-style-type: none"> • Sprains and strains • Mild allergic reactions • Mild to moderate asthma symptoms • Moderate pain or discomfort • Mild burns • Minor cuts or wounds requiring prompt attention • Animal or insect bites 	<ul style="list-style-type: none"> • Chest Pain, shortness of breath • Severe abdominal pain • Coughing or vomiting blood • Deep cuts or bleeding that won't stop • Sudden blurred vision • Difficulty breathing or shortness of breath • Broken bones
LOCATIONS	<p>If you are an adult over 60 years old and have chronic health conditions, or a child under 3 months, please call 509.663.8711 to be triaged for the above symptoms or concerns.</p>	<p>Visit confluencehealth.org/services/primary-care to view a listing of Confluence Health primary care clinics.</p>	<p>Visit confluencehealth.org/locations to view a listing of Confluence Health DirectCare clinics.</p>	<p>Visit confluencehealth.org/locations to view a listing of Confluence Health emergency care departments.</p>