








 <b>When to Stay Home</b>	 <b>Primary Care</b>	 <b>Walk-In Clinic</b>	 <b>Emergency Department</b>
<b>COST</b>			 	  
<b>RECOMMENDATION FOR</b>	<p>Patients between the ages of 3 months and 60 years old that are experiencing flu or cold like symptoms <b>without</b>: 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 walk-in clinics are also open during evenings and weekends when your PCP may not be available.</p>	<p><b>If you're experiencing a medical emergency please call 911 or go to your nearest emergency room.</b></p>
<b>EXAMPLES</b>	<ul style="list-style-type: none"> <li>• <b>Mild illnesses</b></li> <li>• <b>Mild flu or cold-like symptoms</b></li> </ul> <p><b>You can:</b> 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"> <li>• <b>Check-ups and regular screenings</b></li> <li>• <b>General medical and behavioral health questions</b></li> <li>• <b>Questions or concerns about medications</b></li> <li>• <b>Mild to moderate pain or discomfort</b></li> <li>• <b>Management of a chronic condition</b></li> <li>• <b>Rashes</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sprains and strains</b></li> <li>• <b>Mild allergic reactions</b></li> <li>• <b>Mild to moderate asthma symptoms</b></li> <li>• <b>Moderate pain or discomfort</b></li> <li>• <b>Mild burns</b></li> <li>• <b>Minor cuts or wounds requiring prompt attention</b></li> <li>• <b>Animal or insect bites</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chest Pain, shortness of breath</b></li> <li>• <b>Severe abdominal pain</b></li> <li>• <b>Coughing or vomiting blood</b></li> <li>• <b>Deep cuts or bleeding that won't stop</b></li> <li>• <b>Sudden blurred vision</b></li> <li>• <b>Difficulty breathing or shortness of breath</b></li> <li>• <b>Broken bones</b></li> </ul>
<b>LOCATIONS</b>	<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 <a href="https://confluencehealth.org/services/primary-care">confluencehealth.org/services/primary-care</a> to view a listing of Confluence Health primary care clinics.</p>	<p>Visit <a href="https://confluencehealth.org/locations">confluencehealth.org/locations</a> to view a listing of Confluence Health walk-in clinics.</p>	<p>Visit <a href="https://confluencehealth.org/locations">confluencehealth.org/locations</a> to view a listing of Confluence Health emergency care departments.</p>