



## MĀLAMA I KE OLA HEALTH CENTER

When should you make an appointment with your doctor? How 'urgent' is urgent care? Is it time to go to the emergency room?

Using this information as a guide can help you assess the condition or symptoms you are facing in order to select the appropriate place for care.

### Primary Care

Your primary care provider should be your first choice for care for acute and chronic illnesses because he or she is familiar with your medical history.

### Emergency Room

A visit to the emergency room is warranted only for potentially life-threatening illnesses and injuries.

### Urgent Care

Outside of regular office hours or extended hours, the same acute, non-life-threatening illnesses or injuries that you may normally go to your primary care provider for can also be treated at an urgent care facility. An urgent care facility can give you immediate medical attention for common illnesses usually without an appointment or long wait.

## CONTACT US

PHONE: 808-871-7772

# Primary Care, Urgent Care or Emergency Room? ADULT MEDICINE

## SCHEDULE AN APPOINTMENT

Many common problems can easily be diagnosed and treated by a primary or family doctor at a fraction of the cost of the emergency room.

Schedule an appointment if you need help with:

- Sprains, back pain, minor broken bones, or minor eye injuries
- Headaches, migraines, fever or rashes
- Minor cuts and burns
- Regular physicals, vaccinations, and screenings

If you are calling after hours, please call the main line at

808-871-7772

Follow the prompts to take you to our after-hours call service.

## URGENT CARE AFTER-HOURS

Not all health issues require a trip to the emergency room.

If you are experiencing any of the following after hours of operation, your local urgent care facility can address the following:

- Wound care, stitches
- Broken bones, X-rays
- Minor burns
- Sprains and strains
- Cough, cold, asthma, flu
- Infections: strep, urinary, skin, lung

## EMERGENCY ROOM

If you are experience any of the follow, you should go to the emergency room or call 911 immediately:

- Compound fracture, which involves a bone protruding through the skin
- Convulsions, seizures or loss of consciousness
- Deep knife wounds or gunshot wounds
- Fever in a newborn less than 3-months old
- Heavy, uncontrollable bleeding
- Moderate to severe burns
- Poisoning
- Pregnancy-related problems
- Serious head, neck or back injury
- Severe abdominal pain
- Severe chest pain or difficulty breathing
- Heart attack symptoms, such as chest pain that lasts longer than two minutes
- Stroke symptoms; such as vision loss, sudden numbness, weakness, slurred speech or confusion