

What to do when you're sick

Are you feeling sick and not sure what to do? Don't worry, we're here to help you!

What are my options?

Primary Care Provider (PCP)

When you have a minor issue that requires medical care, call your PCP day or night. After hours, on-call staff will return your call.

Call for things like:

- Colds or cough
- Flu
- Regular checkups
- Earache
- Sore throat
- Medicine or refills
- Diarrhea

My Choice's 24-Hour Nurse Advice Line

For after hours nurse advice, call **(800) 963-0035 (TTY: 711)**. Our nurses are ready to answer your medical questions.

Call for things like:

- Help to understand your symptoms
- Advice on where to go to get the care you need.



Urgent Care Center

When it's not an emergency but you need care right away, go to your local urgent care center. Urgent care centers are a great option if you need care after hours.

Go for things like:

- Severe cold or flu symptoms
- Ear pain
- Sore throat
- Stomach flu or virus
- Wound that needs stitching
- Sprain, strain or deep bruise

Emergency Room (ER)

When you think your life or health is in danger, call 911 or go to the nearest ER.

Go for things like:

- Very bad bleeding
- Very bad stomach pain
- Chest pain or pressure
- Head injury or trauma
- Sudden dizziness or trouble seeing