

Where to go for same-day care.

Learn where to go at: mainehealth.org/wheretogo

PRIMARY CARE

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OPEN WEEKDAYS:

Some after hours and weekend appointments.

The go-to place for managing your health care. Your primary care provider knows your medical history best and a provider is always on call.

GOOD FOR:

- Annual physicals
- Routine screenings
- Vaccines
- Sprains and strains
- Chronic conditions
- Medicine refills
- Colds and flu
- Anxiety and depression

VIRTUAL CARE

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OPEN WEEKDAYS:

Morning to early evening, some weekend hours

A remote medical visit for treatment of minor illnesses and injuries.

GOOD FOR:

- Body aches, minor sprain and strains
- Colds and flu with no shortness of breath
- Minor eye problems
- Insect bites and stings
- Minor rash
- Urinary tract infection (UTI) symptoms

WALK-IN CARE

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OPEN EVERYDAY:

Morning to early evening.

Treatment for minor illnesses and injuries when you can't wait for an appointment.

GOOD FOR:

- Colds and flu
- Cuts requiring stitches
- Sprains and strains
- Minor allergies
- Earache or eye problems
- Headaches
- Urinary tract infection (UTI) symptoms

URGENT CARE

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OPEN EVERYDAY:

Morning to early evening.

Immediate care for conditions that are not life-threatening. Shorter average wait times than the emergency room.

GOOD FOR:

- Asthma
- Cuts requiring stitches
- Broken bones
- Concussion
- Vomiting and diarrhea

EMERGENCY CARE

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OPEN ALWAYS:

If you have a medical emergency **CALL 911**.

Immediate care for life-threatening conditions, including heart attack and stroke.

GOOD FOR:

- Fever in a child less than 3 months old
- Chest pain and/or shortness of breath
- Sudden numbness, weakness or speech difficulty
- Severe allergic reaction
- Severe stomach pain
- Uncontrolled bleeding
- Mental health crisis
- Drug poisoning or overdose
- Desire to harm self or others

This is a general guide. Cost, hours and available treatment will vary.