

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)

Call your PCP day or night. After hours, on-call staff will return your call.

When you have a minor issue that requires medical care:

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



Urgent care center

Urgent care centers are a great option if you need care after hours.

When it's not an emergency but you need care right away:

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



Emergency room (ER)

Call 911 or go to the nearest ER.

When you think your life or health is in danger:

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

Not sure what to do or where to go for medical care?

Our nurse advice is just a phone call away.

Call the 24-hour Nurse Advice Line.

English: (844) 236-2096 | Spanish: (844) 236-2096 | TTY: 711



Have a behavioral health crisis?

Call Your Life Iowa 24/7 at (855) 581-8111

or text at (855) 895-8398.

Call or text 988 Suicide and Crisis Lifeline.

