

A guide to help you decide.

“If I’m hurt or sick where do I go?”

It is important to take care of health problems before they become serious. Please call us at 406-535-1502 to obtain an appointment or speak to an advice nurse.

**CALL OR
SEE A
PROVIDER**

Provider’s Office at CMMC Clinic:

I feel like: I need medical care, but feel safe to wait for one to two days

Injury & Illness Examples

- Rash
- Earache
- Cold or flu
- Sore throat
- Med refill/questions
- Runny nose
- Vaccinations
- Wellness screenings
- Chronic aches & pains

**CALL CMMC
CLINIC &
SCHEDULE
SAME-DAY
APPT.**

Same-Day Care at CMMC Clinic:

I feel like: I need medical care today; but feel safe to wait for a few hours. Call your provider's office FIRST.

Injury & Illness Examples

- Migraine/headache
- Infections
- Minor injuries
- Accidents/falls
- Fever over 101.5
- Broken fingers/toes
- Animal or insect bite(s)
- Anxiety, panic attack
- Illness longer than a week

**GO TO
EMERGENCY
DEPARTMENT
OR CALL 911**

Emergency Department or Call 911:

I feel like: I need medical care now & do not feel safe to wait. It is a serious illness or life threatening injury.

Injury & Illness Examples

- Broken bone
- First time seizure
- Chest pain/pressure
- Vomiting blood
- Deep open wounds
- Altered mental state
- Severe & sudden pain
- Severe burn or bleeding
- Short of breath sudden/worse
- Sudden dizziness, weakness, change in vision, loss of coordination or balance

For dental pain, please call your dentist. Most dental concerns cannot be treated at your provider’s office or the emergency department.

