Good reasons to go to the ER:

- If referred by a physician.
- Severe or worsening allergic reaction to an insect bite/sting, medication or other substance.
- Behavioral Health Emergency: thoughts of harming self or others; behavior dangerous to self or others; new onset of hallucinations or delusions; uncontrollable thoughts.
- Bleeding: coughing up or vomiting blood; nose or wound bleeding that doesn’t stop after pressure applied.
- Signs of a heart attack, including pressure, fullness, squeezing or pain in the center of the chest; tightness, burning or aching under the breastbone; chest pain with lightheadedness.
- Difficulty breathing.
- Object swallowed or inhaled.
- Loss of consciousness.
- Mental status change: new disorientation, dizziness or confusion.
- Eye injury.
- Drug overdose.
- New and severe pain.
- Seizures.
- Signs of a stroke, including sudden numbness or weakness on one side of body, sudden loss of vision, loss of speech, trouble walking, sudden severe headache with no known cause, unexplained dizziness, unsteadiness or falls.
- Any severe injury, animal bite, burn.
- Fever, agitation, altered behavior and vomiting in children under 14 months.

You should probably see your doctor:

- Earache
- Minor cuts or bites where bleeding is controlled (but check with your doctor during regular office hours - a tetanus or rabies shot may be necessary)
- Sunburn or minor burn, such as from cooking
- A minor rash, or a rash you’ve had for some time
- Low fever
- Colds/coughs
- Sore throat
- Seasonal allergies
- Flu symptoms
- Chronic back/neck/limb pain
- Most dental issues
- Sexually transmitted disease
- Urinary tract infections without fever or blood in urine, and able to void
- To obtain a refill for a medication
- Employment, school or sports physicals
- Immunizations

*Please note that both lists do not include all possible indications for emergency room or other care. These are examples.