

Antrim County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

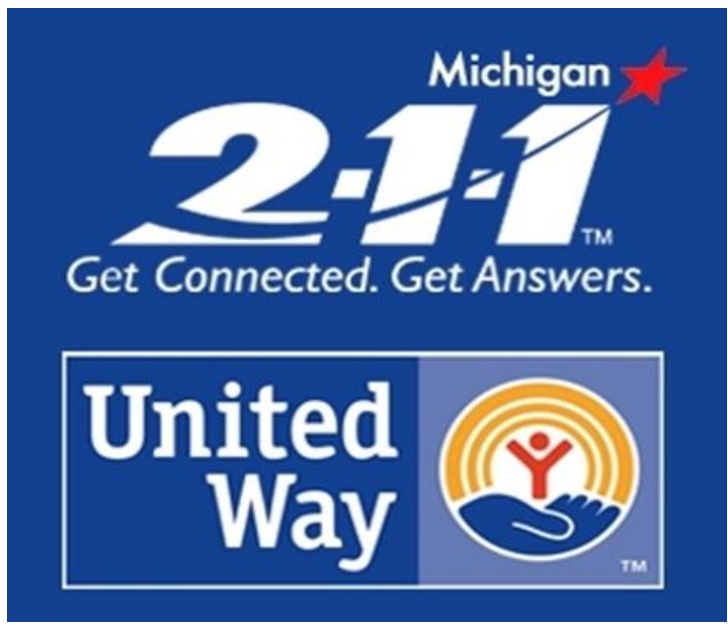
2021

Antrim
County
Community
Resource
Guide

[A guide to services in your community]

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McLaren Home Care..... (866) 323-5974
 Health Department of Northwest MI
 (800) 551-4140
 Northwest Michigan Community Action Agency
 Meals on Wheels..... (800) 632-7334
 Medicare (800) 633-4227
 Medicare/Medicaid Assistance Program
 (MMAAP)..... (800) 803-7174
 Social Security Administration..... (800) 773-1213

Adult Day Services

PACE North..... (833) 410-2086
 Antrim County Commission on Aging & Senior
 Center..... (231) 533-8703
 Elk Rapids Senior Center (231) 264-6490
 Mancelona Twp Senior Center (231) 587-9131

Adult Foster Care

Cherry Suite..... (231) 534-5055
 Williamsburg, MI
 Eastport Village Care Home (231) 631-1836
 Central Lake, MI
 Heritage Haus..... (231) 533-6869
 Bellaire, MI
 Simonson AFC (231) 544-9832
 Central Lake, MI
 Walts AFC Home (231) 533-4625
 Bellaire, MI

Alzheimer’s & Dementia Support

Alzheimer Association & Helpline.... (800) 272-3900
 Alzheimer’s Association of NW MI .. (231) 929-3804
 Dial- In Support Group-All Counties
 1st Tuesday Noon-1pm..... (248) 865-1000
 Dial-In Support Group-All Counties Evenings
 4th Wednesday 6-7pm..... (800) 272-3900

Assisted Living

Eastport Village Care Home (231) 631-1836
 Kalkaska Memorial Assisted Living .. (231) 258-3033
 Meadow View Senior Apartments... (231) 533-8661

ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL.....911

Children & Adult Protective Services
 (855) 444-3911
 Common Ground Crisis Line (800) 231-1127
 Equality Michigan..... (313) 537-7000
 HAVEN Crisis Line (877) 922-1274
 Michigan Coalition to End Domestic & Sexual
 Violence (MCEDSV) (517) 347-7000
 Love is Respect Hotline..... (866) 331-9474
 Narcotics Anonymous 24/7..... (800) 230-4085
 National Domestic & Sexual Violence Helpline
 (800) 799-7233
 Women’s Resource Center Crisis
 (800) 554-4972
 National Council on Alcoholism and Drug
 Dependence (NCADD)..... (800) 622-2255
 RAINN (Rape and Incest National Network)
 (800) 656-4673
 Stop It Now! Hotline..... (888)773-8368
 National Human Trafficking Resource Center
 (888) 373-7888
 Suicide Prevention..... (800) 273-8255

ADULT AGING SERVICES

Area on Aging..... (800) 858-1637
 Department of Human Services..... (231) 533-8664
 HAP Senior Plus..... (800) 868-3153

ANIMAL SUPPORT

Antrim County Animal Control (231) 533-6421
 With a Little Help from MY Friends’ Pet Crisis
 Center..... (231) 533-4070

Animal Shelters

Animal Shelter. net
AC Paw-Rescue, Foster, Placement . (231) 587-0738
Antrim County Animal Shelter (231) 533-6421

COUNTY & CITY RESOURCES

County Clerk's Office..... (231) 533-6353
Road Commission..... (231) 587-8521
Detective Unit..... (231) 533-8627
Central Lake Twp Waste Recycle..... (231) 544-3911
Antrim County Jail..... (231) 533-8627

Courts

13th Circuit Court - Antrim..... (231) 533-6935
86th District Court – Antrim..... (231) 922-4580
Antrim County Probate and Circuit Court Family
Division..... (231) 533-6681
Prosecuting Attorney..... (231) 533-6860

Townships

Central Lake Twp..... (231) 544-6687
Chestonia Twp..... (231) 584-3222
Custer Twp..... (231) 587-5118
Echo Twp..... (231) 544-8118
Forest Home Twp..... (231) 533-8003
Kearney Twp..... (231) 533-5719
Hudson Twp..... (231) 549-2646
Milton Twp..... (231) 264-6612
Rapid River Twp..... (231) 258-2943
Star Twp..... (231) 584-3308
Warner Twp..... (231) 546-3568

DISABILITY & SPECIAL NEEDS

RESOURCES

Disability Network of Michigan..... (800) 782-4160
Children's Special Healthcare Services
..... (800) 359-3722
Medicare/Medicaid Assistance Program
..... (800) 803-7174
Muscular Dystrophy Association..... (800) 572-1717
Paralyzed Veterans of America..... (800) 638-6872
Relay Center for Deaf/Hard of Hearing
..... 711

Social Security Administration..... (800) 772-1213
Family Center for Children and Youth with Special
Health Care Needs..... (800) 359-3722
United Cerebral Palsy of MI..... (800) 828-2714
Michigan Career & Technical Institute
..... (877) 901-7360
Vocational & Technical Training for Citizens with
Disabilities
Michigan Commission for Blind (800) 292-4200
Michigan Commission for the Deaf (313) 437-7035

EDUCATION & TRAINING

American Red Cross..... (800) 733-2767

Adult Programs

Area on Aging..... (800) 858-1637
Michigan Works Service Center..... (231) 922-3700

Colleges/Career Centers

North Central Michigan College..... (888) 298-6600
9Northwestern Michigan College (800) 748-0566

Childcare Centers & Preschools

Alba Public School Preschool (231) 584-2000
Alba, MI
Bellaire Preschool (231) 533-8916
Located at John R. Rodger Elementary
Ebenezer Christian Preschool (231) 588-6018
Ellsworth, MI
Ellsworth Community School (231) 588-2544
Tuition free Preschool
Lakeland Child Care..... (231) 264-8289
Elk Rapids, MI
Mancelona Early Childhood (231) 587-9021
NMCAA Preschool-Central Lake..... (800) 632-7334
NMCAA Preschool-Mancelona..... (231) 587-0417
Sprigs and Sprouts (231) 331-4300
Alden, MI
"Wee" Are E R Preschool (231) 264-8289
Located at Lakeland & Mill Creek Elementary

Libraries

Alden District Library (231) 331-4318
Alden, MI
Bellaire Public Library (231) 533-8814
Bellaire, MI

Central Lake District Library..... (231) 544-2517
 Central Lake, MI
 Elk Rapids District Library..... (231) 264-9979
 Elk Rapids, MI
 Mancelona Township Library..... (231) 587-9451

Schools Districts

Alba Public School..... (231) 584-2000
 Bellaire Public Schools
 Bellaire High/Middle School..... (231) 533-8015
 John R. Rodger Elementary (231) 533-8916
 Central Lake Schools (231) 544-3141
 High/Middle School..... x300
 Elementary School..... x200
 Elk Rapids Schools..... (231) 264-8692
 Cherryland Middle School (231) 264-8991
 Elk Rapids High School..... (231) 264-8108
 Lakeland Elementary School (231) 264-8289
 Mill Creek Elementary School (231) 267-9955
 Sunrise Academy (231) 264-5890
 Ellsworth Community School..... (231) 588-2544
 Mancelona Public Schools (231) 587-9764
 Mancelona Elementary School.... (231) 587-8661
 Mancelona High School..... (231) 587-8551
 Mancelona Middle School..... (231) 587-9869
 North Country Academy (231) 584-2080

Youth Programs

MSU Extension (231) 533-8818
 4-H & Youth Bellaire, MI
 Community Foundation..... (231) 935-4066

Community Education

American Red Cross of Northern Michigan..... (231) 947-7286
 Child Safety Seat Inspection..... (866) Seat-Check
 Auto Safety Hotline..... (888) 327-4236
 Courtesy Driving School (800) 256-9559
 MSU Extension (231) 533-8818
 Agriculture, Business & Community, Family, Food & Health, Lawn & Garden, Natural Resources, 4-H & Youth
 Road Rules Driving School LLC (231) 590-0699
 YMCA..... (231) 544-5915
 CPR/First Aid, Central Lake, MI

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police.....911
 American Red Cross..... (800) 733-2767
 Poison Control..... (800) 222-1222
 National Suicide Prevention Lifeline
 (800) 273-8255

Law Enforcement

Antrim County Sheriff's Office (231) 533-8627
 Bellaire Police Department (231) 533-5678
 East Jordan City Police (231) 536-2273
 Elk Rapids City Police Department .. (231) 264-6592
 Mancelona Police Department (231) 587-8462
 Michigan State Police Post #79..... (231) 258-4112
 The Salvation Army
 Petoskey (231) 347-3531
 Traverse City..... (231) 946-4644

EMPLOYMENT ASSISTANCE

Michigan Indian Employment & Training..... (800) 591-8820
 Michigan Rehabilitation Services..... (231) 922-5260
 Employment Assistance for Individuals with Disabilities Network Northwest..... (800) 692-7774
 Local Traverse City, MI..... (231) 929-5000
 Northwest Michigan Works Service Centers
 Kalkaska, MI (231) 258-8889
 Petoskey, MI (231) 347-5150
 Traverse City, MI..... (231) 922-3700
 Cadillac, MI (231) 775-3408
 Ticket to Work Program..... (866) 968-7842
 Unemployment Office Hotline..... (866) 500-0017
 Women's Resource Center (231) 348-6699

FINANCIAL ASSISTANCE

MSHDA: Step Forward (231) 922-3790
 Northwest Michigan Community Action Agency (NMCAA)..... (800) 632-7334

Tax Assistance

My Free Taxes..... www.myfreetaxes.com
 Northwest Michigan Community Action Agency (NMCAA)..... (800) 632-7334
 Vita Free Tax Preparation (231) 947-3780

FITNESS, RECREATION & REHABILITATION

AfterEffect Restorative Body Therapy
..... (231) 709-3489
Elk Rapids Chiropractic Center..... (231) 264-5310
Kalkaska Memorial Health Center ... (231) 258-7500
Physical, Occupational, Speech Therapy
North Shore Physical Therapy..... (231) 533-6113
Bellaire, MI
North Shore Physical Therapy..... (231) 544-8145
Central Lake, MI
Yoga North (517) 285-3522
Central Lake, MI

Parks & Recreation

A-GA-MING Golf Resort (231) 498-3338
Kewadin, MI
Antrim-Jordan River Valley KOA (231) 535-0461
Campground, Mancelona, MI
Barnes Park Campground (231) 599-2712
Eastport, MI
Department of Natural Resources... (231) 533-8341
Bellaire, MI
Honcho Rest Campground (231) 264-8548
Elk Rapids, MI
Shanty Creek Resort-Cedar River Golf Course
Bellaire, MI (231) 533-2020

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross..... (800) 733-2767
Area on Aging..... (800) 858-1637
Food Bank Council of Michigan
.....www.fbcmich.org/resources/find-a-food-bank
WIC (Women, Infant, Children)..... (800) 942-1636
Central Lake Bible Baptist Food Pantry
..... (231) 544-6699
First Congregational Church (231) 544-6878
Good Samaritan (231) 588-2208
St Anthony Baby Pantry (231) 587-8401
Community Lighthouse (231) 587-9967
Mancelona Pantry and Resale (231) 587-9606
Mancelona Community Meal (231) 587-9606

Michigan Department of Health & Human Services
Bellaire, MI (231) 533-8664
NW Michigan Community Action Agency
..... (800) 632-7334

HEALTHCARE SERVICES

Centers for Disease Control (800) 232-4636
Children's Special Healthcare Services
..... (800) 359-3722
Veteran Affairs..... (844) 698-2311
Huntington's Disease..... (800) 909-0073
Antrim County High Tea for Breast Cancer
Prevention..... www.antrimcountyhightea.org
Assistance for uninsured with screenings.
Hospice of Northwest Michigan (231) 547-6092
Mancelona Family Resource Center
..... (231) 587-5044
Assistance with health and human service needs
Munson Hospice & Palliative Care... (800) 252-2065

Clinics & Hospitals

Karmanos Cancer Institute..... (800) 527-6266
McLaren Home Care..... (866) 232-5974
McLaren Northern Hospital..... (800) 248-6777
Main # will connect you with an operator that can give a
list of physicians and services provided by McLaren.
Health Department of Northwest Michigan
Family Health Clinic..... (800) 432-4121
Bellaire, MI
Boyne Valley Walk-In Clinic and Primary
Care Facility..... (989) 731-7700
Elmira, MI
East Jordan Family Health Centers
Bellaire..... (231) 533-8649
Central Lake (231) 544-3700
East Jordan (231) 536-2206
Elk Rapids Primary Care (231) 264-0399
Elk Rapids Skin & Laser Clinic..... (231) 264-0700
Ironmen Health Center (231) 587-9840
McLaren Northern Michigan Hospital
Petoskey..... (800) 248-6777
Munson Medical Center (231) 935-5000
Munson Urgent Care..... (231) 935-8686
Munson Outpatient Services
Lab (231) 264-0024
X-ray..... (231) 264-0025

Dental Resources

Dental Clinics North (877) 321-7070
Mancelona, MI

Hearing Assistance

Relay Center for Deaf/Hard of Hearing.....711
Need help with equipment..... (844) 577-6563
Help America Hear Program (888) 580-8886
Financial Assistance Program

Medical Equipment & Loan Closets

Airway Oxygen (231) 932-0399
Traverse City, MI
ALS of Michigan..... (800) 882-5764
Antrim County Commission on Aging
..... (231) 533-8703
Wheelchairs, scooters, hospital beds, canes,
bedside commodes, bath benches, walkers, etc.
United Cerebral Palsy Michigan..... (800) 828-2714
Michigan Assistive Technology Loan Fund and
Michigan Employment Loan Fund
Munson Home Medical Equipment . (800) 252-2065
Traverse City, MI
Muscular Dystrophy Association (800) 572-1717
Medical equipment loan closets in Michigan
Muscular Dystrophy Association (517) 706-0348
Paralyzed Veterans of America MI... (800) 638-6782
The National Federation of the Blind
..... (410) 659-9314
Michigan CPAP Bank (734) 232-3964
Project Freedom (734) 240-2565
Overhead Home Lifts All Michigan Counties

Mental Health & Counseling Services

Common Ground Crisis Line..... (800) 231-1127
Narcotics Anonymous..... (800) 230-4085
National Domestic and Sexual Violence Helpline
..... (800) 799-7233
National Human Trafficking Resource Center
..... (888) 373-7888
National Council on Alcoholism and Drug
Dependence (NCADD)..... (800) 622-2255
Problem Gambling Help-Line (800) 270-7117
RAINN (Rape and Incest National Network)
..... (800) 656-4673
SEMCA..... (800) 686-6543
Stop It Now! Hotline..... (888) 773- 8368

Substance Abuse Hotline..... (800) 662-4357
Suicide Prevention..... (800) 273-8255
Catholic Human Services..... (231) 947-8110
Mancelona, MI
Child & Family Services of NW Michigan
..... (800) 442-7315
Third Level Crisis..... (800) 442-7315
24/7 help, can also text (231) 480-0292
North Country Community Mental
Health..... (800) 834-3393
Northern Michigan Regional Entity . (800) 834-3393
Women’s Resource Center (231) 587-8891

Pharmacies & Prescription Assistance

NeedyMeds..... (800) 503-6897
RX Outreach..... (800) 769-3880
Goodrx..... www.goodrx.com
Partnership for Prescription Assistance
..... www.pparx.org
RxAssist www.rxassist.org
LifeSource Direct..... (866) 340-4748
Uninsured and Underinsured
NeedyMeds..... (800) 503-6897
MMAP (800) 803-7174
Michigan Medicare/Medicaid Assistance Program
MiRx Discount Card..... (866) 755-6479
For patients without drug coverage
Bellaire Pharmacy (231) 533-8014
Central Lake Pharmacy (231) 544-2929
Corner Drug Pharmacy..... (231) 264-8033
Elk Rapids, MI
Family Fare Pharmacy-Mancelona .. (231) 587-8491
River Pharmacy (231) 264-8165
Elk Rapids, MI

Retail Discount Drug Programs

Meijer (select free prescriptions)	ask pharmacist
Target (\$4/ \$10 generics program)	ask pharmacist
Sam’s Club (\$4/\$10 prescription program)	ask pharmacist
Wal-Mart (\$4/\$10 prescription program)	ask pharmacist
Walgreens	ask pharmacist

Substance Abuse

Substance Abuse Hotline (800) 662-4357
 National Council on Alcoholism and Drug
 Dependence (NCADD)..... (800) 622-2255
 SEMCA..... (800) 686-6543
 Center for Disease Control and Prevention (CDC)
 (800) 232-4636
 Alcoholics Anonymous..... (231) 946-8823
 Meeting schedule <http://district11-aa.org/>
 Narcotics Anonymous Hotline..... (877) 338-1188
 North Country Community Mental Health
 (231) 533-8619
 Child & Family Services of NW Michigan
 Third Level..... (231) 922-4800
 Substance Use Treatment Services (800) 834-3393

Urgent Care

Charlevoix Area Hospital and Urgent Care
 (231) 547- 4024
 Foster Family Community Health Center Urgent
 Care..... (231) 935-8686

Vision Assistance

Sight for Students..... (888) 290-4964
 Free eye exams and glasses to low income or
 uninsured children
 Vision USA..... (800) 766-4466
 Assistance with eye exams
 Michigan Commission for the Blind (800) 292-4200

HOUSING ASSISTANCE

American Red Cross..... (800) 733-2767
 MSHDA: Step Forward..... (866) 946-7432
 HUD Rental Assistance..... (800) 569-4287
 Veterans TOLL Free numbers....iris.custhelp.va.gov
 Mancelona Habitat for Humanity
 (231) 916-2122
 Antrim County Housing Dept..... (231) 533-8727

Emergency Shelters & Warming Centers

Heat and Warmth Fund..... (800) 866-8429
 Third Level Programs Outreach-Teens
 (231) 922-4800
 Safe Harbor (844) 900-0500
 Women’s Resource Center (231) 587-8891

**Heating/Utility Assistance & Home
 Repairs/Weatherization**

American Red Cross..... (800) 733-2767
 Area on Aging..... (800) 858-1637
 Heat and Warmth Fund..... (800) 866-8429
 Father Fred Emergency Assistance.. (231) 947-2055
 Northwest Michigan Community Action Agency-
 Weatherization Department..... (231) 947-3780
 The Salvation Army of Petoskey (231) 347-3531
 Emmet, Charlevoix and Antrim County
 United Way of Northwest MI..... (231) 947-3200

Low Income Housing

HUD Rental Assistance..... (800) 569-4287
 Action Agency (800) 443-5518
 Bellaire Senior Apartments..... (231) 347-3755
 Central Lake Town Houses..... (231) 258-4250
 Meredith Manor Apartments (231) 582-6496
 East Jordan, MI
 Noble Pines Apartments (231) 264-5831
 Elk Rapids, MI
 Sandy Pines Apartments (231) 384-6600
 Kalkaska, MI
 USDA Rural Development..... (989) 733-2694
 Onaway
 Village Apartments..... (231) 544-7034
 Bellaire, MI

LEGAL ASSISTANCE

Center for Civil Justice..... (800) 724-7441
 Legal Services of Eastern Michigan.. (800) 322-4512
 Michigan Department of Civil Rights (517)335-3165
 Michigan Indian Legal Services..... (231) 947-0122
 Michigan Senior Legal Hotline..... (866) 400-9164
 Social Security Administration..... (800) 772-1213
 Veterans TOLL Free numbers.... iris.custhelp.va.gov
 Legal Aid Legal Service (866) 531-6309
 Legal Hotline for Michigan Seniors.. (800) 347-5297
 Catholic Human Services..... (231) 947-8110
 Legal Services of Northern Michigan
 (888) 645-9993
 Michigan Indian Legal Services (231) 947-0122
 Third Level Crisis Center-Legal Aid Clinic
 (800) 922-4800

PARENTING/PREGNANCY RESOURCES

Women's Health Resource Line..... (800) 994-9662
Breastfeeding Support Services(231) 533-1006
LA LECHE League..... (800) 525-3243
WIC..... (800) 942-1636
Women's Health resource line..... (800) 994-9662
The family center for Children and Youth with
Special Health Care Needs..... (800) 359-3722
Child Safety Seat Inspection..... (866) Seat-Check
Health Dept. of NW Michigan Moms & Tots Center
..... (231) 588-2200
Munson Medical Center (231) 935-8219
Childbirth Preparation, baby care, breastfeeding
classes.
Parent Help Line(800) 942-4357
Women's Resource Center.....(231) 587-8891
24-Hour Crisis Line.....(800) 275-1995

SUPPORT GROUPS

ALS of Michigan..... (800) 882-5764
Alzheimer's Association..... (800) 272-3900
Area on Aging..... (800) 858-1637
Women's Health resource line..... (800) 994-9662
Common Ground Crisis Line..... (800) 231-1127
Disability Network of MI..... (800) 782-4160
Equality Michigan..... (313) 537-7000
Haven Crisis Line..... (877) 922-1274
Love is Respect Hotline..... (866) 331-9474
Epilepsy Foundation of Michigan.... (800) 377-6226
Narcotics Anonymous 24/7..... (800) 230-4085
National Domestic & Sexual Violence Helpline
..... (800) 799-7233
National Domestic & Sexual Violence Helpline
.....(800) 799-7233
National Human Trafficking Resource Center
.....(888) 373-7888
National Council on Alcoholism and Drug
Dependence (NCADD)..... (800) 622-2255
Parkinson's..... (800) 852-9781
Problem Gambling Help Line..... (800) 270-7117
RAINN (Rape and Incest National Network)
..... (800) 656-4673
SEMCA..... (800) 686-6543
Stop It Now! Hotline..... (888) 773-8368
Substance Abuse Hotline..... (800) 662-4357

Suicide Prevention..... (800) 273-8255
WIC..... (800) 942-1636

TRANSPORTATION

Area on Aging..... (800) 858-1637
Auto Safety Hotline..... (888) 327-4236
Child Safety Seat Inspection..... (866) Seat-Check
Karmanos Cancer Institute..... (800) 527-6266
Veterans TOLL Free numbers.... iris.custhelp.va.gov
Antrim County Dial-a-ride..... (231) 533-8644
Antrim County Health Ride (231) 533-8644
Transportation to all medical appointments

TRIBAL SERVICES

Department of Civil Rights (517) 335-3165
Michigan Indian Legal Services (231) 947-0122
MDHHS Native American Affairs Office
..... (517) 335-7782
Michigan Indian Employment and Training Services
..... (800) 591-8820
Michigan Indian Tuition Wavier..... (517) 241-7748
U.S. Office of Indian Education..... (202) 260-3774
The Grand Traverse Band of Ottawa And Chippewa
Indians..... (231) 534-7136
Little Traverse Bay Bands of Ottawa (231) 242-1400

VETERANS AFFAIRS

Paralyzed Veterans of America (800) 638-6782
Michigan Veterans Affairs(800) 642-4838
Veterans Administration(800) 827-1000
CHAMPVA.....(800) 733-8387
Veteran's Affairs.....(844) 698-2311
Veteran's Affairs-Antrim (231) 533-8499
Veteran's Crisis Line..... (800) 273-8255
Wounded Warrior Resource Center.(888) 997-2586
Help finding programs and resources for veterans

VOLUNTEER OPPORTUNITIES

American Red Cross..... (800) 733-2767
Area on Aging..... (800) 858-1637
Antrim County 4-H..... (231) 533-8818
Commission on Aging..... (231) 533-8703
The Manna Food Project.....(231) 347-8852
United Way of Northwest MI..... (231) 947-3200
Food Bank Council of Michigan (Pantries)
.....www.fbmic.org/resources/find-a-food-bank

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits) Primary Care via Telehealth</u></p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.