



Thank you for downloading Pullman Regional Hospital's Urgency vs. Emergency card. Put this card in your wallet or on your fridge for safe keeping.

The Pullman Regional Hospital Emergency Department is open 24/7. To reach our Emergency Department: Call (509) 336-7359  
If you have an emergency: Call 9-1-1

## Urgency vs. Emergency: DO YOU KNOW THE DIFFERENCE?

The rise of urgent care facilities has made it more convenient for many individuals to receive timely care and avoid long wait times in the emergency room. However, not every illness or injury can be—or should be—treated by urgent care clinics. How do you determine what's truly emergent and what's urgent?

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### URGENCY

#### NON-LIFE-THREATENING

- Minor ankle sprains
- Ear or sinus pain
- Mild cough
- Nausea
- Vomiting
- Mild cuts
- Minor headaches
- Minor allergic reactions
- Cold and flu symptoms

### EMERGENCY

#### LIFE, LIMB, OR EYESIGHT

- Chest pain
- Head injury
- Severe abdominal pain
- Fainting
- Shortness of breath
- Bleeding that doesn't stop after 10 min
- Seizures
- Broken bones
- Major burns
- Stroke
- Head trauma
- Loss of vision
- Difficulty breathing

