



These guidelines are to assist with seeking appropriate post-injury/ illness care. It is not intended as medical or legal advice. The employee should always use their best judgment to decide where they will seek care.

Emergency Room

•Life-threatening or seriously disabling conditions

•Chest pain; Shortness of breath; Severe abdominal pain; Uncontrollable bleeding; Confusion/ loss of consciousness; Poisoning; Serious burns, cuts, infections; Inability to swallow or speak; Seizures; Paralysis; Broken bones

Urgent Care

•Serious conditions requiring immediate care; not life threatening

•Ear infection; Urinary tract infection; Vomiting; High fever; Cut requiring stitches/ wound treatment

Occupational Health/ Primary Care Provider/ Clinic Visit

•Less serious conditions requiring physician evaluation within 1-2 days

•Minor cuts or wounds; Strains/ Sprains requiring evaluation; Cold/ flu; Minor infection; Minor/ chronic pain; Exposure to blood/ body fluids

First Aid/ Self Care

•Minor cut/ abrasion; Minor pain; Cough/ cold; Minor strain/ sprain; Minor swelling/ bruising; Minor insect bite/ sting; Minor heat or cold stress