

WHAT IF I HAVE A MEDICAL PROBLEM AND MY DOCTOR'S OFFICE IS CLOSED?

- Call your doctor's office. They might have after-hours service.
- If you have an HMO or other insurance card, call the 24-hour toll-free number for advice. The nurse can help you decide whether to get help now or whether it is safe to wait. NJ FamilyCare HMO numbers are:
 - AMERICHoice NEW JERSEY:
1-800-941-4647
(Español: 1-800-943-4647,
TTY: 1-800-852-7897)
 - AMERIGROUP COMMUNITY CARE:
1-800-600-4441 (TTY: 1-800-855-2880)
 - HEALTHFIRST NJ: 1-877-464-4365
(TTY: 1-800-852-7897)
 - HORIZON NJ HEALTH: 1-877-765-4325
(TDD/TTY: 1-800-654-5505)
- Go to a local health center.
- Go to the ER if you feel the problem cannot wait until your doctor's office or a health center is open.

WHAT IS A HEALTH CENTER?

There are local health centers all around New Jersey. A health center can serve as a doctor's office. Patients can go there for their regular healthcare needs, regardless of their ability to pay. Health centers can handle regular check-ups or illness like the cold or flu. They can also help with serious conditions like diabetes, high blood pressure and asthma.



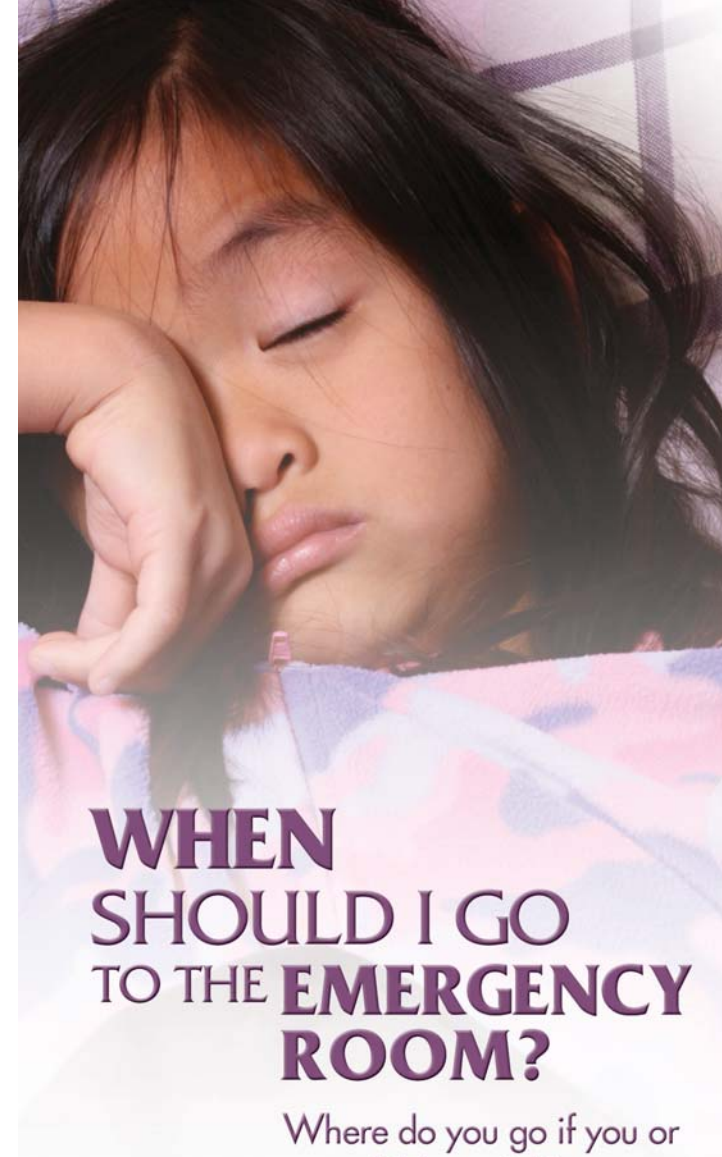
HEALTH CENTER SERVICES INCLUDE

- Healthcare for adults and children
- Immunizations
- Dental care
- Women's health, including prenatal services.
- Cancer screening
- Ear and eye screenings
- Mental health
- Social services.

CALL YOUR LOCAL HEALTH CENTER OR PHYSICIAN'S OFFICE TO MAKE AN APPOINTMENT TODAY



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WHEN SHOULD I GO TO THE EMERGENCY ROOM?

Where do you go if you or your child get sick?

Should you go to the hospital emergency room (ER) if it is not really an emergency?



WHEN SHOULD I GO TO THE EMERGENCY ROOM?

The hospital emergency room is only for true emergencies.

When you do not have an emergency, go to your doctor's office or a health center close to you.

What happens if you go to the ER for a problem that is not an emergency?

- It could cost a lot more than it would at your doctor's office or a health center.
- You will probably spend a lot of time waiting to be seen.
- You will get care from a doctor who has probably never seen you before. It is always best to get as much of your care as possible from a doctor who knows and understands you.

HOW DO I KNOW WHEN IT'S AN EMERGENCY?

The following are typical reasons for going to the ER or going to a regular doctor.

EXAMPLES OF WHEN TO GO TO THE ER

- Chest pain
- Choking
- Poisoning (Call the Poison Control Center first: 800-222-1222)
- Serious injury
- Head injury
- Broken bones
- Problems breathing
- Severe burns
- Severe dizzy spells, fainting or blackouts
- Drug overdose
- Loss of speech or slurred speech
- Change or loss of vision
- Seizures lasting more than 5 minutes
- Bleeding that does not stop



- Fever higher than 101 and vomiting more than 3 hours
- Vomiting blood or coughing up blood
- Confusion
- Sudden loss of feeling or not being able to move
- Weakness or numbness on one side of the body
- Suicidal feelings
- Other problems that you think cannot wait



EXAMPLES OF WHEN TO SEE YOUR REGULAR DOCTOR

- Coughs and colds
- Fever below 102
- Sore throat
- Pink eye
- Earache
- Vomiting and diarrhea
- Stomach ache
- Back pain
- Sprains
- Bruises
- Rashes
- Sunburn or minor burn
- Minor injuries, aches and pains
- Minor cut that stopped bleeding
- Animal bite that stopped bleeding
- Insect bite with no trouble breathing
- Trouble urinating
- Sexually-transmitted diseases
- Pregnancy testing and other women's care
- Prescription renewal
- Toothache
- Other problems like these

