



WHERE SHOULD I GO?

Med Point? The Emergency Room? An Urgent Care Center?

If you sprain your ankle during a weekend soccer game, should you go to the emergency room? Can your primary care physician treat accidental poisoning? And what exactly is an urgent care center? Middle Tennessee offers a broad range of treatment facilities to accommodate your needs 24 hours a day, seven days a week. But to receive the best possible care, you need to make sure you're in the right place.

SO - - WHEN YOU NEED MEDICAL HELP, WHERE SHOULD YOU GO?

MED POINT CLINIC - Rutherford County Med Point delivers basic care for common illnesses. They are your first stop for most undiagnosed health concerns. You should visit Med Point for acute illnesses such as colds, flu, and sore throats; minor injuries, aches, and pains; or routine health exams. Remember, clinics are also a resource for flu shots and sports physicals.

Med Point • 904-6770 • Blackman, Stewart's Creek, Rock Springs, Walter Hill and RC Health Department

URGENT CARE CENTER - Urgent Care provides comprehensive quality care on a walk-in basis with extended hours. Choosing an urgent care facility can save you time and money, as well as keeping the emergency room free to handle more serious situations.

Minor burns or injuries

Minor fractures (fingers, toes)

Ear infections

Upper respiratory tract infections

Fever or flu-like symptoms

Mild to moderate asthma attacks

Eye redness or irritation

Sprains and strains

Wounds that may require stitching

Urinary tract infections

Allergic reactions (non life-threatening)

Rash or other skin irritations

Animal bites

Diarrhea or vomiting

Physicians Medical • (615) 217-7236 • 1525 South Church Street Murfreesboro, TN 37130

US Health Works • (615) 355-1338 1332 • Hazelwood Drive Smyrna, TN 37167

Middle TN Occupational & Environmental • (615) 641-3080 1227 • Heil Quaker Blvd. • Lavergne TN 37086

EMERGENCY DEPARTMENT - Life-threatening emergencies and late-night trauma require an immediate visit to the hospital. Call 911 or go to the emergency department at your nearest hospital whenever conditions cause severe symptoms and/or put your health at serious risk. Don't take a chance with anything life-threatening. The ER is the best place for these and other critical conditions, including:

Chest pain

Signs of heart attack

Severe bleeding

Loss of consciousness

Poisoning

Seizures

Coughing or vomiting blood

Problems related to pregnancy

Severe burns

Difficulty breathing

Head trauma

Sudden blurred or loss of vision

Broken bones

Signs of stroke

Suicidal or homicidal feelings

Knife or gunshot wounds

MTMC ER • (615) 396-4478 • 1840 Medical Center Parkway Murfreesboro TN

Stonecrest ER • (615) 768-2300 • 200 StoneCrest Blvd Smyrna, TN 37167