

**Independent Living Program Activity Card**

**Category: SELF CARE**

**Activity: What to do when you're not feeling well**

**Description:** **The objective of this assignment is to:** Help you identify different ways urgent care, emergency rooms, and primary care can provide healthcare. The matching activity should help you better understand when to go to each of these centers given a specific situation.

**How do I get credit for this assignment?**

- Read through all of the information provided
- Using the info you read, fill in the grid with the choice you think is the best option .
- Email the completed work along with this cover sheet to: ILP Admin at [ilpadmin@orangewoodfoundation.org](mailto:ilpadmin@orangewoodfoundation.org)

**You may earn up to \$10.00 ILP dollars for completing this assignment.**

Total Dollars Earned:

\$
(ILP Use Only)

Notes:
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Date:

\_\_\_\_\_

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

<b>Receipt</b>
(ILP Use Only)

## Broad Guidelines

If it is **life threatening** or you think it might be, **go to an ER.**  
For **allergies, or chronic illness** (diabetes, or back issues etc.) **go to PCP**

### Why is it important to know when to go to the Emergency Room and when to go to Urgent Care?

Urgent care centers provide healthcare during the times when your primary care physician's office is closed, usually conditions that are not emergencies but still require care within 24 hours. Some examples include fever or flu, sprains, urinary tract infections, vomiting, diarrhea, and severe sore throat. Emergency rooms offer healthcare for conditions that are life threatening, for example a deep knife wound, head, neck, or back injury, seizures, or heart attack symptoms. Knowing these differences can help you make the best-informed decision. Generally urgent care visits are cheaper than emergency room visits, and you can get care faster because on average emergency rooms are busier.

#### Random facts:

- ✓ The average cost of an ER visit in 2010 was \$969.00 vs average cost for urgent care of \$184.55.
- ✓ 88.6% of urgent care patients are served within 1 hour or less.
- ✓ 12.5% of ER patients are served within 1 hour or less.
- ✓ 13.7% - 27.1% of ER visits could take place at urgent care center.

### When should I schedule to see my primary care physician?

Primary care physicians provide preventative and acute healthcare, and you can see the same provider for years which can develop into a nice professional relationship. They can help with a number of things including chronic disease management, acute sudden illnesses, referrals to specialists, annual physical exams, and more. Compared to urgent care and emergency rooms, you do have to make an appointment to see your primary care provider during usual working hours.

### TO COMPLETE ACTIVITY

Match the following scenarios with what kind of visit you think it goes with.

**A. Urgent Care**

**B. Primary Care Physician**

**C. Emergency Room**

Difficulty breathing, cough, etc. after normal working 9am-5pm hours	
Broken arm or another limb	
Yearly physical and blood work	
Poisoning	
Urinary tract infection	
Referral to ophthalmologist	
Car accident, head injury	