

# UC

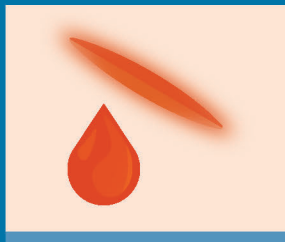
VS.

# ER

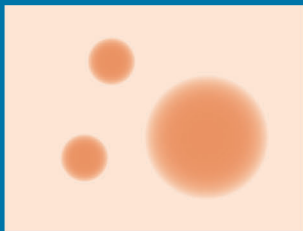
Knowing when to go to Urgent Care or the ER can be confusing. And when accidents happen or sickness strikes, deciding where to go for help in the moment can be hard. The most important thing is to get the right care, from the right place.



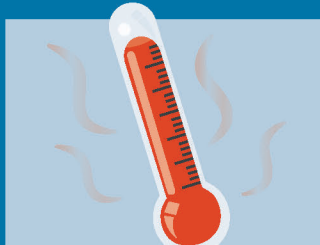
**Strains**  
or sprains



**Cuts**  
that need stitches



**Rash**  
or allergic reaction



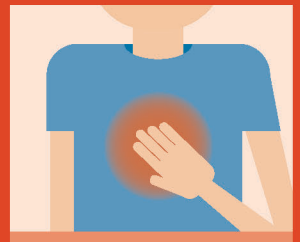
**Cold or Flu**  
(cough or sore throat)



**Eye Irritation**  
or redness



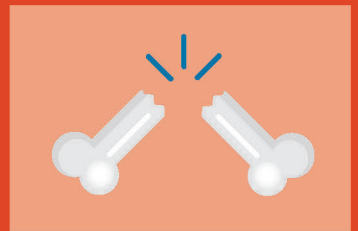
**Heart Attack**  
symptoms



**Chest Pain**  
or heaviness



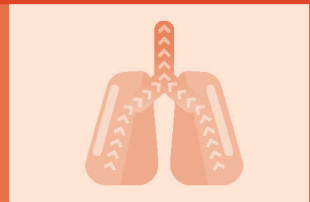
Symptoms of  
**Stroke**



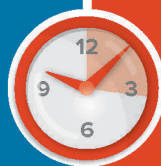
**Broken Bones**  
or dislocations



Shortness of  
**Breath**



**Adventist Health Urgent Care** is quick and convenient, with multiple locations in the Portland area. Get the care you need from providers you can trust.



**The Emergency Department at Adventist Health** is the fastest in the Portland metro area, with the shortest wait times to see a provider.