



## Your Health Information

Your important health information -  
Keep this with you or in a place where you  
can find it quickly when you need it.

### My Provider and Health Home

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_



Your HEALTH is our PASSION

Open Evenings, Weekends  
& Extended Hours

### El Rio can treat the following:

- Abscess incision & draining
- Allergies
- Asthma
- Athlete's foot/fungal infection
- Bronchitis
- Burns from heat or chemical exposure
- Cold/flu Symptoms
- Cough & congestion
- Diaper rash
- Diarrhea
- Ear & eye infection
- Fever
- Gastrointestinal disorders
- Itchy skin & insect bites
- Migraine
- Nausea
- Rashes & skin allergies
- Sinus infection
- Sore throat
- Sprains & strains
- Stomach aches
- Urinary tract infections
- Wound infection

### E.R. should treat the following:

- Chest pain radiating to the arms, back or jaw, complaint of "heart attack" symptoms
- Chest pain, pressure, squeezing or heaviness in the chest
- Foreign object or chemical splashed in eyes
- Heavy bleeding
- Infant less than 3 months with fever
- Large open wounds
- Major burns
- Poisonous animal bites
- Seizure
- Severe head injury
- Shortness of breath
- Spinal Injuries
- Sudden change in vision
- Sudden severe abdominal pain
- Sudden severe headache



## Emergency or Not?



Your HEALTH  
is our PASSION



If you have any questions, please  
call us at (520) 670-3909 or visit,  
**elrio.org** for more information.

**Up to 80%**

of all E.R. Cases can be treated by El Rio Community Health Center at a fraction of the cost.

- *Reduced wait times*
- *Call (520) 670-3909 to schedule a visit*
- *Lower co-pay (1/3 or less than E.R. co-pay)*
- *On-site labs, X-ray and pharmacy*

**EL RIO**  
COMMUNITY HEALTH CENTER

**Your HEALTH is our PASSION**



## Is it an emergency?



An emergency is a sickness or injury that will harm you if not treated fast.



In a life-threatening emergency, **Dial 911 IMMEDIATELY!**

If it's not an emergency...



➤ Call El Rio to talk with a Nurse at (520) 670-3909 24 hours a day, 7 days a week

➤ Call Your El Rio Primary Care Physician or Provider at (520) 670-3909 if you need attention **today**.



Each year, 120 million people visit the emergency room. Many could have their healthcare needs met at a health center location for less cost.

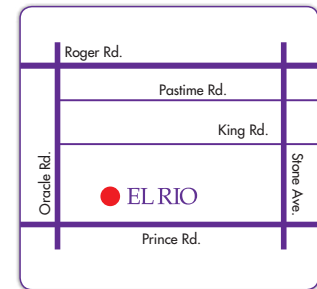
## El Rio Extended Hours Locations

All Health Centers **OPEN** at 9:00 am during the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every Month



**Congress Health Center**  
**839 W. Congress St.**

Same Day Appts: Mon-Fri 8am-8pm & Sat 8am-2pm  
Mon-Fri 8am-8pm | Closed Sunday



**Northwest Health Center**  
**320 W. Prince Rd.**

Mon-Fri 8am-7pm | Closed Sunday



**El Pueblo Health Center**  
**101 W. Irvington Rd.**

Same Day Appts: Mon-Thu 8am-8pm & Sat 8am-5pm  
Mon-Thu 8am-8pm & Fri 8am-5pm | Closed Sunday