

What should I do?

I'm sick or hurt and my doctor's office is closed.

"I need medical care and feel safe to wait a day."

Schedule an appointment with your PROVIDER

Cost: \$-\$\$

Acute examples:

- COVID-19 symptoms
- Cold/flu
- Sore throat
- Backache (not severe)
- Headache/migraine
- Urinary symptoms
- Earache
- Rash

Inova Primary Care – You can call the doctor on call for advice, or you can schedule an in-person or virtual visit with your doctor the following business day.

Visit Inova's MyChart patient portal or go to inova.org/primarycare to schedule an appointment.

"I need medical care today and feel safe to wait a few hours."

Go to URGENT CARE

Cost: \$\$-\$\$\$\$

Urgent care examples:

- COVID-19 symptoms
- Cold/flu
- Sore throat
- Backache (not severe)
- Headache/migraine
- Urinary symptoms
- Earache
- Rash
- Minor injuries
- Not able to get in touch with doctor for advice

Inova Urgent Care – Open 7 days a week; 8 a.m. – 8 p.m.

Visit inova.org/ucc to find an urgent care clinic near you.

In-home Care through DispatchHealth (an Inova partner) – Open 7 days a week; 8 a.m. – 10 p.m. Call 571.393.1944 or visit inova.org/dispatchhealth.

"I need medical care now and do not feel safe to wait."

Go to EMERGENCY ROOM or call 911

Cost: \$\$\$-\$\$\$\$

Emergency examples:

- Chest pain
- Trouble breathing
- Sudden weakness of body parts
- Uncontrolled bleeding
- Fainting
- Severe pain
- Serious injury

Visit inova.org/er for a list of Inova ERs.