

When You're Not Sure Where to Go, You Can Call

Primary Care Clinic

You can always call your primary care clinic and ask them where you should go.

Nurse Advice Line

You can call 1-877-925-6877 anytime day or night and get advice from a nurse. The nurse can help you decide if you should go to primary care, urgent care, or the emergency department.



When You Need Primary Care

For most health problems, your primary care provider is the right person to see first. Call your primary care clinic. They may be able to see you the same day.

You should also see your primary care provider for regular check-ups, tests, and shots. And they can help with managing long-term illnesses and mental health concerns.

When You Need Urgent Care

Going to urgent care is a good choice if –

- your primary care clinic is closed.
- your primary care provider can't see you right away
- your health concern is urgent (serious and needs to be treated right away) but **not** an emergency.
- you don't have a primary care provider yet.

Most urgent care clinics are open days, evenings, and weekends. Urgent care may be closer, easier to get to, and faster than going to the emergency department at the hospital.

Primary Care and Urgent Care can help with these health conditions:

- Colds and flu
- Pink eye
- Sore throat and cough
- Ear pain and tooth pain
- insect bites, rashes, seasonal allergies, mild asthma attacks
- Small cuts and burns, back pain, sprains
- Stomach pain or sickness (vomiting, diarrhea, cramping)
- Pain or trouble peeing
- Ingrown toenails
- Some STDs (sexually transmitted diseases)

There are many urgent care clinics in Albuquerque and Rio Rancho. There may be one close to where you live.

Or you can go to these urgent care clinics at UNM Hospital. They are walk-in clinics, so you don't need an appointment.

Pediatric Urgent Care

2211 Lomas Blvd NE, 3rd Floor
505-272-2345

Open Mon–Fri 8 am–6 pm, Sat 9 am–2 pm
Closed on Sunday

Adult Urgent Care

2211 Lomas Blvd NE, 1st Floor
505-272-9646

Open every day 7 am–6 pm

When It's an Emergency

Call **911** or **go to the emergency department** if you are having –



- Chest pain
- Trouble breathing
- Serious injury
- Broken bones
- Bleeding that won't stop
- Symptoms of a stroke
 - ▶ Sudden bad headache
 - ▶ Confusion
 - ▶ Numbness and tingling in part of your body
 - ▶ Can't move part of your body
 - ▶ Can't speak, smile, or move your face

Go to the Emergency Department

Adult and Pediatric Emergency Department

UNM Hospital

2211 Lomas Blvd NE, 1st Floor
Albuquerque, New Mexico 87106
505-272-2411
Open 24 hours a day, 7 days a week

Adult Emergency Department

Sandoval Regional Medical Center (SRMC)

3001 Broadmoor Blvd NE
Rio Rancho, New Mexico 87144
505-994-7000
Open 24 hours a day, 7 days a week

Call for Help

Dial 911 on any phone.