



EYLANI
FOUNDATION

&

Eylani Community
Health Network

EDUCATE | EMPOWER | ELEVATE | EQUITY

Knowledge
Today
Healthier
Tomorrows



NAVIGATING HEALTHCARE WITH ECHN™

Urgent Care vs. Emergency Room

Know Before You Go

THE RIGHT CARE. AT THE RIGHT TIME. FOR A HEALTHIER YOU.



Primary Care

FOR ONGOING, PREVENTIVE
AND ROUTINE CARE

- ✓ Annual check-ups and preventive screenings
- ✓ Management of chronic conditions (e.g., diabetes, high blood pressure, asthma)
- ✓ Mild or stable symptoms
- ✓ Referrals to specialists
- ✓ General health questions and guidance

Best for: Your long-term health and wellness.



Urgent Care

FOR NON-LIFE-THREATENING
CONDITIONS THAT NEED
PROMPT ATTENTION

- ✓ Minor injuries (sprains, strains, minor fractures)
- ✓ Flu-like symptoms (fever, cough, sore throat)
- ✓ Minor infections (ear, sinus, skin, urinary tract)
- ✓ Rashes or allergic reactions
- ✓ Mild asthma symptoms
- ✓ Suturing minor cuts
- ✓ Certain tests (e.g., strep, flu, COVID-19, X-rays)

Best for: Conditions that need quick care but are not medical emergencies.



Emergency Room

FOR LIFE-THREATENING
SYMPTOMS OR SERIOUS
INJURIES

- ✓ Chest pain or pressure
- ✓ Signs of a stroke (sudden numbness, weakness, trouble speaking, facial drooping)
- ✓ Severe difficulty breathing
- ✓ Severe injuries or trauma
- ✓ Uncontrolled bleeding
- ✓ Loss of consciousness
- ✓ Severe abdominal pain
- ✓ Severe allergic reactions (e.g., anaphylaxis)
- ✓ Suicidal thoughts or mental health crisis
- ✓ Any other serious or worsening symptom

Best for: Life-threatening conditions or serious injuries.



Call 911

WHEN IMMEDIATE HELP
IS NEEDED

- ✓ You think you or someone else is having a heart attack
- ✓ Signs of a stroke
- ✓ Severe difficulty breathing or not breathing
- ✓ Major trauma or serious injury
- ✓ Loss of consciousness or seizures that do not stop
- ✓ Heavy or uncontrolled bleeding
- ✓ Severe allergic reaction
- ✓ A life-threatening situation or if you are unsure and think it may be an emergency

Best for: Immediate, on-site emergency response.



When in Doubt, Ask Yourself:

- Is this a life-threatening or rapidly worsening symptom?
- Could this be a stroke, heart attack, or serious injury?
- Do I need immediate evaluation and treatment?
- If yes — call 911 or go to the nearest emergency room.
- If no — consider urgent care or call your primary care provider or health plan's nurse line for guidance.



Important to Know

- It's okay to seek emergency care if you believe you are experiencing a serious or life-threatening condition.
- You do not need to determine whether you are "sick enough."
- Emergency rooms are designed to evaluate and treat potentially serious conditions.
- If you go to urgent care and your condition requires a higher level of care, you may be referred to the emergency room.
- This educational guide is not a substitute for medical advice. Always follow the guidance of your healthcare provider.



Learn More

Visit www.echnchicago.com for more health education resources, tools, and community support.



Related Topics in the Navigating Healthcare Series:

- Health Insurance Basics
- Copays, Deductibles & Coinsurance
- Finding a Provider
- Your Patient Rights



Need Support?

Talk with your healthcare provider, mentor, faith leader, or a qualified health professional.



This information is for educational purposes only and is not medical advice.

It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider for personalized medical advice, diagnosis, or treatment.

Sources:

- Centers for Disease Control and Prevention (CDC)
 - U.S. Preventive Services Task Force (USPSTF)
 - National Institutes of Health (NIH)
- Accessed October 2026.

