**We appreciate your right to privacy and therefore ask that you read the following carefully to decide what course of action best suits your needs.**

**I am not feeling well; what should I do?**

Please look at the below criteria. If you are still not sure what kind of help you need, contact Nurse Alice and she will answer your questions.

***When should I see the nurse?***

Please make an appointment to see Nurse Alice for anything that requires over the counter medication, or if you are not sure if you require a prescription. She can assess you and refer you if you need advanced care, and provide free over the counter medication for your symptoms. Examples include:

* Upper respiratory symptoms or cough without fever that have been present for less than 5 days. Most respiratory infections and bronchitis are viral and will resolve within 10 days to 2 weeks. They do not require prescription medications.
* A sore throat due to drainage
* Immunizations such as flu shots, TB tests, etc.
* Need of pain medication for simple headaches, back pain, cramps, etc.
* Difficulty sleeping
* Pregnancy test (we do not provide birth control but we can direct you to a clinic to get more information and resources)
* Vomiting or diarrhea that is mild or less than 24 hours
* Minor cuts, bug bites, abrasions, burns, and rashes
* Removal of sutures or staples
* Blood pressure check
* Common seasonal allergies
* Referral to a specialist or MD in the area

***When should I see a Nurse Practitioner?***

If you are certain you require a prescription or laboratory tests, are acutely ill, or have been sick for a long period of time you may need to see a Nurse Practitioner. Examples include:

* Possible strep (sore throat without drainage and accompanied by fever and/or headache, vomiting)
* Fever greater than 100 degrees longer than 24 hours
* Flu symptoms (severe fatigue, body ached, fever and dry cough) less than 48 hours
* Respiratory or chest congestion with fever or greater than 5 days
* Severe abdominal pain
* Wheezing, shortness of breath
* Possibility of pink eye or ear infection

***When should I go to Urgent Care?***

For issues we cannot treat in our clinic that may require x-rays or advanced medical care:

* Lacerations requiring sutures
* Possible broken bones or dislocation
* Foreign body in ear or eye

***When should I go to the Emergency department?***

Please go directly to the Emergency Department or call 911 in ant medical emergency:

* Loss of consciousness
* Definite broken bone
* Severe injuries, and head injury
* Severe chest pain
* Severe shortness of breath

Call 502-272-8313 to make an appointment with the Nurse or Nurse Practitioners.