



## When and Where to get Medical Care?

According to Kids Health, “sometimes you will know instantly if your child needs quick medical care. Other times, it's hard to know if an injury or illness needs the attention of a health care provider — and, if it does, whether that means a trip to the ER, a call to your doctor, or a visit to the nearest urgent care center.”

As parents and caregivers, we have a natural tendency to fear the worst when it comes to our children and often choose a “better safe than sorry” approach to their care. How do we decide what level of medical care we should seek out for our children? Keep your pediatrician or primary care provider’s number easily accessible. A call to them first can help guide you in the right direction. In the event of an emergency, always call 911.

The following guidelines are from [Kids Health.org](https://kidshealth.org). Visit the site for more details, a dictated transcript, or a Spanish version:

### When to Call 911

For a serious emergency, call 911. Some situations are so serious that you need the help of trained medical personnel on the way to the hospital. **Call 911 if your child:**

- isn't breathing or is turning blue
- is unconscious after a fall
- is having a seizure
- has a serious allergic reaction
- has a broken bone that sticks out through the skin
- took an unknown amount of medicine and is now hard to rouse
- is choking
- has a large cut that's bleeding uncontrollably



### When to Go to the Emergency Department

An ER (emergency room) — also called an emergency department (ED) — can handle a wide variety of serious problems. They are equipped to handle life-threatening illnesses and injuries at any time of the day or night. **Go to the ER if your child has:**

- trouble breathing
- unusual sleepiness or confusion
- a stiff neck and a fever
- a continuous fast heartbeat
- ingested a poison, drug, or unknown substance
- a head injury and is vomiting
- an eye injury
- a serious burn

## When to Call Your Health Care Provider

For less urgent problems, call your child's primary care provider. Your provider — or a nurse who works in the office — can help you decide what steps to take and how. **Call for problems such as:**

- a high fever
- ear pain
- a sore throat
- belly pain
- vomiting or diarrhea
- headache that doesn't go away
- possible dehydration
- Rash
- mild wheezing
- a lasting cough
- Calling your child's regular provider for these kinds of concerns allows for a continuity of care (always seeing a provider who knows you and your child).



## What Can Be Treated at an Urgent Care Center?

Sometimes it's not practical to get to your provider's office or it's after hours and the office is not open. That's when you might think about getting medical care at an urgent care center. Urgent care centers can evaluate and treat the same problems as your regular health care provider. These centers also can provide services like X-rays, stitches, and splints. **Other problems they can treat include:**

- simple bone injuries
- minor burns
- Cuts
- splinter removal
- sprains and other sports injuries
- minor animal bites



## Local Resources

In addition to our pediatricians and family practice providers, we have two Urgent Care providers and an Emergency Department locally, which are able to provide care for your children.

### [Tahoe Urgent Care & Family Medicine](#)

2130 Lake Tahoe Blvd.  
530-541-3277

Staffed by Family Practice Physicians, we are a walk-in urgent care clinic that is open 7 days a week; therefore, no appointment is necessary. We welcome new patients and accept most insurance. We are a Medicare provider; however, we are not contracted to accept MediCal. Cash pay services are also available.

### [Barton Urgent Care & Family Practice](#)

Inside Stateline Medical Center  
155 Highway 50, (Highway 50 & Kingsbury Grade), Stateline, NV 89449  
Monday - Friday: 8:00 a.m. - 6:00 p.m.  
Saturday - Sunday: 9:00 a.m. - 5:00 p.m.

Holidays: 9:00 a.m. - 5:00 p.m. (closed Thanksgiving, Christmas + New Year's Day)

775.589.8900

Walk-Ins Welcome. No Appointment Necessary.

**Barton Memorial Hospital's Emergency Department**

2170 South Avenue

South Lake Tahoe, CA 96150

530.541.3420

**In the event of an emergency, please dial 911.**

Specializes in providing an array of emergency care. As the only facility in the South Lake Tahoe providing care 24 hours a day, 7 days a week, we are dedicated to providing exceptional care when you need it the most. The Emergency Medical Treatment and Active Labor Act (EMTALA) is a federal law that requires that any patient who comes to the Emergency Department has the right to a medical screening exam, treatment and stabilization for a medical emergency regardless of their ability to pay. You may be eligible for a financial assistance program. Barton Memorial Hospital may be able to assist you.