

# WHERE FOR CARE?

What are your symptoms?

## Primary Care Provider

- Cold symptoms (cough, runny nose, sore throat, fever)
- Pain or burning with urination/sexually transmitted infections
- Nausea/vomiting/diarrhea-mild abdominal pain
- Ear or sinus pain
- Skin infection or rashes
- Mild allergic symptoms
- Minor cuts/scrapes, minor burns, bumps, abrasions
- Removal of stitches
- Mild headaches/migraines
- Mild asthma; COPD and emphysema-symptoms are getting worse
- Minor injuries such as sprains or strains
- Mouth pain or swelling
- Depression/anxiety



Primary Care Visit or  
Acute Care Clinic

### Clinic Locations

#### **Acute Care Clinic**

2115 Stuart Ave.  
Alamosa, CO 81101  
719-589-8002

#### **Stuart Avenue**

2115 Stuart Ave.  
Alamosa, CO 81101  
719-589-8082

#### **Pediatric Clinic**

106 Blanca Ave.  
Alamosa, CO 81101  
719-589-8004

#### **La Jara Clinic**

509 Main St.  
La Jara, CO 81140  
719-274-5000

#### **Antonito Clinic**

115 Main St.  
Antonito, CO 81120  
719-376-2308

#### **Monte Vista**

**Community Clinic**  
103 Chico Court  
Monte Vista, CO 81144  
719-852-9400

## Emergency Room

- Sudden or unexplained loss of consciousness/passing out
- Chest pain or pressure, irregular heartbeat/rapid heartbeat
- Numbness in face, arm, or leg
- Coughing up or vomiting blood/blood in stool
- High fevers with stiff neck, mental confusion or difficulty breathing
- Severe shortness of breath
- Difficulty Speaking
- Severe asthma symptoms
- Allergic reactions with oral swelling
- Head and neck injuries
- Excessive/profuse bleeding
- Fever over 103 or fever that does not respond to over-the-counter medication
- Fevers and baby is under 8 weeks of age
- Changes in mental status
- Thoughts of self-harm or thoughts of hurting others
- Major injuries/suspected broken bones
- Vision changes or weakness
- Bleeding with pregnancy
- Poisoning, snake bites, animal bites



Go To The Closest Emergency Room  
or Call 911

### Emergency Room Locations

#### **Conejos County Hospital**

19021 US Hwy 285  
La Jara, CO 81140  
719-274-5121

#### **Regional Medical Center**

106 Blanca Ave.  
Alamosa, CO 81101  
719-589-2511