

In maintaining health, there is no substitute for building a trusting relationship with a primary care provider — someone who knows your medical history, and can make informed recommendations. But there are times when you will need care, and fast. Whatever your health care need, Cooper has a location for you. This is to use as a guideline in deciding your best course for care and whether to:

- Call your primary care provider
- Go to an urgent care clinic
- Go to an emergency department right away

- Routine physicals, wellness exams and vaccinations
- Management of any chronic condition
- Sports physicals, school physicals, work physicals
- Pregnancy testing
- Earaches and ear infections
- Minor headaches without vision changes or neurologic symptoms
- Seasonal allergies, minor allergic reactions, pink eye, sinus complaints
- Cough, cold and flu
- Rashes and skin infections
- Urinary tract infections
- Scrapes, bumps, etc.
- Mild asthma attacks
- Back pain/neck pain/musculoskeletal pain without weakness
- Evaluation of mild/moderate burns
- Nausea, vomiting, diarrhea
- Abscess requiring incision and drainage
- Uncontrolled migraine headaches
- Foreign body in nose, ear, eye
- Minor head injury with concussion
- Broken bones and injuries requiring X-rays
- Cuts with need for sutures or surgical glue closure
- Non-stop nosebleeds

When to visit the Emergency Department

There are several conditions for which a trip to the emergency room is your best plan of action. Call 911 to have the emergency team come to you or your loved one right away if you cannot wait, such as for:

- Chest pain, shortness of breath
- Acute weakness or trouble speaking or swallowing
- Severe uncontrolled bleeding
- Episodes of passing out (syncope)
- Severe weakness or difficulty breathing
- Overdose or acute poisoning
- Back or neck injury with severe pain or any weakness/numbness
- Severe abdominal pain with concern for acute infection
- Acute fracture with deformity or fracture with open wound
- Changes in mental status
- Suicidal thoughts or need for acute psychiatric evaluation
- Allergic reactions with throat swelling or difficulty breathing
- Vomiting or coughing up blood
- Moderate to severe bleeding from rectum
- Abdominal pain or bleeding during pregnancy
- Acute vision changes unrelated to minor trauma
- Severe burns

Cooper Emergency Department
One Cooper Plaza, Camden, NJ 08103

Cooper Primary Care

Offering extended morning and evening hours with offices in Burlington, Camden, Gloucester, and Salem counties.
For a complete list of Cooper Primary Care office locations, visit CooperHealth.org/PrimaryCare

Cooper Urgent Care

Monday-Friday: 8 am to 7:45 pm • **Saturday-Sunday:** 9 am to 4:45 pm • CooperHealth.org/UrgentCare

AUDUBON
318 South White Horse Pike
Audubon, NJ 08106
856.672.6077

CHERRY HILL
2001 Route 70 East
Cherry Hill, NJ 08003
856.396.6257

CINNAMINSON
The Shoppes at Cinnaminson, 195 Rt. 130
Suite 175T, Cinnaminson, NJ 08077
856.536.1640