

# Where should I go?

How to decide where to go for medical care.



## Primary Care

Primary Care offers a full range of preventive services, works with you to manage chronic conditions, and refers you to a specialist when specialty care is needed.

Schedule an appointment at the clinic to see your primary care provider for preventive care and chronic condition care; to establish care with a primary care provider; or to see an available provider for prescription refills, acute illnesses; and ongoing medical conditions.

**To schedule an appointment with a primary care provider, call one of the departments below:**

**Pediatrics:**  
**507.457.7607**

**Family Medicine:**  
**507.457.7648**

**Internal Medicine:**  
**507.457.7622**

### Primary Care Hours:

Monday-Thursday: 7 a.m.–7 p.m.  
Friday: 7 a.m.–5 p.m.



## Urgent Care

Visit Winona Health Urgent Care – now conveniently located on the clinic 1st floor – when you cannot wait for an appointment with your provider, but you don't quite need Emergency Department care.

### When should I see Urgent Care?

- Minor cuts and scrapes
- Minor sprains or fractures
- Cold and flu symptoms
- Sore throat
- Cough
- Congestion
- Sinus problems and allergies
- Earaches
- Fever without rash
- Insect bites
- Headaches and migraines
- Nausea, vomiting, diarrhea
- Bladder infections

### Urgent Care Hours:

Monday-Friday: 7 a.m.–8 p.m.  
Saturday, Sunday & Holidays:\* 8 a.m.–5 p.m.

\* Closed Thanksgiving, Christmas Day, New Year's Day, and Easter

Visit [www.winonahealth.org](http://www.winonahealth.org) to check current wait times.



## Emergency Department

Visit the Winona Health Emergency Department for serious, life-threatening conditions. Staff are ready for you 24 hours a day, 7 days a week, and 365 days a year for any critical situation.

### What is considered an emergency?

- Chest Pain
- Numbness in face and/or limbs
- Difficulty speaking
- Paralysis
- Sudden loss of consciousness
- Difficulty breathing
- Severe abdominal pain
- Seizures
- Head injury or trauma
- Broken bones with bone visible
- Burns or electrical shock
- Uncontrolled bleeding
- Severe cuts that may require stitches
- Coughing or vomiting blood
- Drug or alcohol overdose
- Poisoning
- Suicidal thoughts and/or actions

**WH** Winona Health  
Healthy starts here.