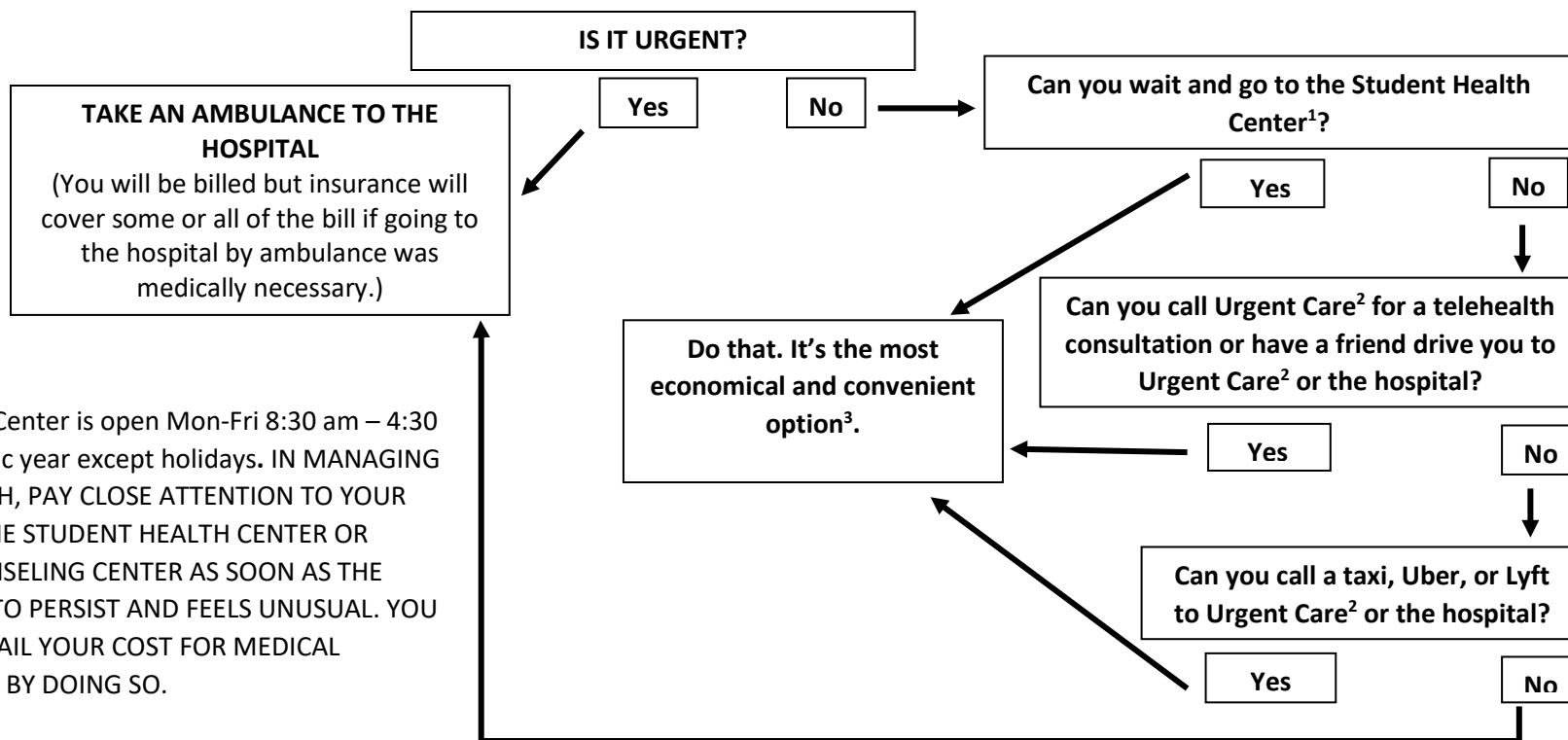


## INJURY/ILLNESS: WHAT ARE MY OPTIONS?

IS IT URGENT?

**Urgent:** A level of physical pain and/or discomfort that is so acute that you feel can't wait until the next day or when you cannot get in to see a doctor. This may also include being in a state of acute psychological/emotional distress where you may be a threat to your personal safety or that of another person.



1: The Student Health Center is open Mon-Fri 8:30 am – 4:30 pm during the academic year except holidays. IN MANAGING YOUR PHYSICAL HEALTH, PAY CLOSE ATTENTION TO YOUR BODY CUES. GET TO THE STUDENT HEALTH CENTER OR PSYCHOLOGICAL COUNSELING CENTER AS SOON AS THE DISCOMFORT BEGINS TO PERSIST AND FEELS UNUSUAL. YOU MAY BE ABLE TO CURTAIL YOUR COST FOR MEDICAL TRANSPORT AND CARE BY DOING SO.

2: Urgent Care is a much less expensive option than the hospital<sup>3</sup>, often shorter wait times, and the Highland location is closer than a hospital. Urgent care requires insurance.

- **First Care:** 222 Route 299, Highland is open Mon-Fri 8:00 a.m. – 7:00 pm, Sat-Sun 10:00 a.m. – 4:00 p.m.

- **Emergency One:** 40 Hurley Ave, Kingston is open Mon-Fri 8:00 a.m. – 8:00 p.m., Sat-Sun 8:00 a.m. – 4:00 p.m.

3: According to Cigna, the average visit to a hospital ER costs \$1,757 while the average visit to an urgent care center costs \$153. Locally, an unnecessary ambulance ride can cost \$1,000 or more.

**PLEASE NOTE: THE COLLEGE DOES NOT ENDORSE OR SUPPORT THE ABOVE-NOTED SITES. THEY ARE ONLY MENTIONED AS EXAMPLES AND THAT THEY ARE EASILY ACCESSIBLE DUE TO PROXIMITY TO CAMPUS.**

## The differences between walk-in clinics, urgent care, and the emergency room

“Recognizing the differences between ‘emergency’ and ‘urgent’ care can be confusing, because both terms imply there is a medical need that needs to be addressed quickly,” says [Shawn Evans, MD](#), an emergency medicine physician at [Scripps Memorial Hospital La Jolla](#).

“If your sudden illness or injury is something you would normally feel comfortable addressing with your primary care doctor, then an urgent care center or walk-in clinic setting is probably more appropriate than the emergency room,” says Dr. Evans.

“Trust your gut,” says Dr. Evans. “If your personal instinct tells you it’s serious, don’t hesitate — go to the nearest emergency room.”

From [https://www.scripps.org/news\\_items/4231-should-you-go-to-the-emergency-room-or-urgent-care](https://www.scripps.org/news_items/4231-should-you-go-to-the-emergency-room-or-urgent-care)

## When to go to the ER

There are a number of medical conditions that are considered emergencies because they can require rapid or advanced treatments (such as surgery) that are only available in a hospital setting.

Symptoms that are best evaluated in an emergency room include:

- Chest pain or difficulty breathing
- Weakness/numbness on one side
- Slurred speech
- Fainting/change in mental state
- Serious burns
- Head or eye injury
- Concussion/confusion
- Broken bones and dislocated joints
- Fever with a rash
- Seizures
- Severe cuts that may require stitches
- Facial lacerations
- Severe cold or flu symptoms
- Vaginal bleeding with pregnancy
- Acute abdominal or side pain

## Returning to campus after an ambulance transport to a Hospital Emergency Room

Take the following steps if you need assistance returning to campus:

1. Contact a friend or family member
2. If none are available, you can contact the following taxi companies that accept a Transport Voucher. Have them drop you off at University Police (Service Building, Route 32 South) so you can collect a voucher to hand the taxi driver. (Campus Auxiliary Services will make the payment to the taxi company and you can re-imburse CAS the cost of the fare at a later date)
  - a. **New Paltz Taxi:** (845-255-1550); 7:00 a.m. - 9:00 p.m. 7 days a week
  - b. **Green Taxi:** (845-255-4733); 6:00 a.m. – 12:00 p.m. 7 days a week
  - c. **Kingston Kabs:** (845-331-8294); 24 hours a day, 7 days a week
3. Explore Lyft or Uber ride programs via their mobile application
4. If you are at Vassar Brothers Hospital in Poughkeepsie, speak with a hospital representative at the Registration Desk and explain you need a ride back to campus as they have their own voucher program with Poughkeepsie area taxi companies
5. If all of the above are not available, contact University Police at 845-257-2222 and they will assist with making contact with campus personnel to provide assistance.