What to Do if You Are Sick

If you have any of these:
- Fever
- Earache
- Cold or flu
- Sore throat or cough
- Vomiting or diarrhea
- Nausea or feeling ill
- Mild stomach pains
- Mild injuries or cuts
- Rashes
- Pain or burning when you pee
- Rashes without fever
- Pain or burning when you pee

You can:

Call your Primary Care Clinic

Your Primary Care Provider (PCP) is the right person to see first for most health problems. We might be able to see you the same day or next day. If your problem is serious, your PCP may ask you to go to Urgent Care.

OR

Call the Nurse Advice Line
1-877-725-2552

Call anytime day or night and get advice from a nurse. The nurse can help you decide if you need to see your Primary Care Provider or if you should go to Urgent Care or the Emergency Room.

OR

Go to an Urgent Care Clinic

The Urgent Care clinic is for times when you need care right away but it is not an emergency. Most Urgent Care clinics are open evenings and weekends. An Urgent Care center might be closer and can take less time than a trip to the hospital Emergency Room (ER).

If you have any of these, call 911 or go to the ER:
- Chest pain
- Very bad injury
- Possible broken bones
- Bleeding that won’t stop
- A really hard time breathing
- Stroke symptoms:
  - a really bad headache that comes on suddenly- “Worst headache of my life”
  - confusion
  - numbness and tingling in part of your body
  - not able to use a part of your body
  - not able to speak, smile or move your face
- Or if your child is hard to wake up

Emergency Room and Pediatric Emergency Room
University Hospital
2211 Lomas Blvd NE
(505) 272-2411
Open 24 hours a day
7 days a week
No appointment needed
UNM Hospital’s Urgent Care – Adults Only
University Hospital
2211 Lomas Blvd NE  (505) 272-9646
Mon-Fri  7:00 am to 8:00 pm
Sat 8:00 am to 6:00 pm
No appointment needed

Clinics for Routine and Same Day Care

These clinics are open Mon-Fri 8:00 am to 5:00 pm except as noted. Please call for an appointment.

- **Family Medicine Clinic: Tucker**
  2400 Tucker Ave NE  (505) 272-1734

- **Medicine Faculty Clinic**
  2211 Lomas Blvd NE (University Hospital)  (505) 272-3830

- **Northeast Heights Family Health**
  7801 Academy Blvd NE  (505) 272-2700

- **Senior Health Clinic/Lobocare**
  1101 Medical Arts Ave NE
  Building 4 Suite A  (505) 272-1754

- **Southwest Mesa Center for Family and Community Health**
  301 Unser Blvd NW  (505) 925-4126

- **Southeast Heights Center for Family and Community Health**
  8200 Central Ave SE  (505) 272-5885

- **Westside Family Health**
  4808 McMahon Blvd. NW  (505) 272-2900

- **University Family Health: 1209 Clinic**
  1209 University Blvd. NE  (505) 272-4400
  Mon-Fri 7:00 am to 5:00 pm

- **Carrie Tingley Hospital: Pediatric Primary Care**
  1127 University Blvd NE  (505) 272-4511
  Hours may vary.

Clinics for Routine and After Hours Care

Please call for an appointment.

- **Atrisco Heritage Center for Family and Community Health**
  10800 Dennis Chavez Blvd SW  (505) 272-6009
  Mon-Thurs 1:00 pm to 7:00 pm
  Friday 1:00 pm to 5:00 pm

- **Pediatric Clinic: Primary and Urgent Care**
  2211 Lomas Blvd NE (University Hospital)  (505) 272-2345
  Mon-Fri 8:00 am to 7:30 pm
  Sat 9:00 am to 2:00 pm
  Walk-ins accepted

- **Young Children’s Health Center**
  306 San Pablo SE  (505) 272-9242
  Mon-Thu 8:00 am to 7:00 pm
  **Except 1:00 pm to 7:00 pm on 1st Thursday of the month**
  Fri 8:00 am to 5:00 pm
  Sat 9:00 am to 2:00 pm