

# Don't Delay ER Care

Our Central Texas health care teams  
are here for you with 24/7 ER care,  
close to home



Don't delay or avoid lifesaving emergency care. Avoiding ERs out of fear of contracting coronavirus (COVID-19) can have dire consequences during emergencies requiring time-sensitive treatment. Emergency rooms and clinics are among the safest places to receive care that can't wait.

## Seek care for any of these symptoms.



Trouble breathing



Difficulty speaking



Chest pain



Confusion



Sudden dizziness



Severe abdominal  
pain



Extreme fatigue



Blue face & lips or  
pale coloring



Sudden numbness  
or weakness of one  
or more arms and  
legs



Drooping of one  
side of face

If you or someone you know needs emotional support or is experiencing a mental health crisis,  
call 512-472-HELP (4357), Integral Care's 24/7 helpline.

Central Texas ERs offer:

- 24/7 emergency care
- COVID-19 precautions for safety
- Compassionate staff who listen to understand
- Networks for follow-up care

If you are experiencing a life-threatening  
emergency, go directly to the ER or dial 911.



**StDavid's** HEALTHCARE

