

# Health Care

## How can I find a doctor for myself or my family?

You can call your health insurance company for a referral to a **primary care physician**. It may take a few weeks to get an appointment, so it is a good idea to find a doctor soon after you arrive in North Carolina. That way, you will have an established relationship if you become sick in the future.

## Emergencies

If you or someone you are with experiences a life threatening accident, illness or injury, **call 911** and an ambulance will take you to the nearest Emergency Room.

## Urgent Care vs. Emergency Room

If you are sick or have a medical emergency outside of normal business hours and can not reach your primary care physician, there are two options depending on the time of day and how serious your condition is.

### Urgent Care

These clinics provide diagnosis, treatment and management of urgent medical conditions and minor trauma. They are open on weekends and longer hours during the week. It is much cheaper to be treated at an Urgent Care center than the emergency room.

### Emergency Room

The Emergency Room (ER) is part of the hospital and is mainly for life threatening conditions. However, ERs in the U.S. are obligated by law to provide medical care to anyone, regardless of their ability to pay. ER bills can be very expensive, even if you have insurance.

### Conditions treated by Urgent Care

- Minor burns or injuries
- Sprains and strains
- Coughs, colds, and sore throats
- Ear infections
- Allergic reactions (non life-threatening)
- Fever or flu-like symptoms
- Rash or other skin irritations
- Mild asthma
- Animal bites
- Broken Bones

### Go to the ER if you are experiencing

- Chest pain or pressure
- Difficulty breathing
- Severe bleeding
- Head trauma
- Loss of consciousness
- Sudden loss of vision or blurred vision
- Coughing or vomiting blood
- Severe or persistent vomiting or diarrhea
- Sudden changes in mental status
- Suicidal thoughts

## Urgent Care Clinics in Durham/Chapel Hill

### Duke Urgent Care

1901 Hillandale Rd. Suite D, Durham (919) 383-4355 Hours: Every day 8am-8pm

5716 Fayetteville Rd., Durham (919) 403-8100 Hours: Every day 7am-10pm

### UNC Urgent Care

6013 Farmington Rd, Suite 101, Chapel Hill (919) 957-6610 Hours: Every day 9am-8pm

### Chapel Hill Urgent Care

2238 Highway 54, Suite 500, Chapel Hill (919) 403-8100 Hours: M-F 9am-7pm; Sat 9am-6pm; Sun 10am-5pm

## Healthcare without Insurance

If you don't have health insurance, you can go to **Lincoln Health Center**. This clinic provides primary health care for residents of Durham and the surrounding communities with low income or no health insurance. To obtain an appointment at Lincoln, you must first go for a screening appointment. It is good to do this *even when you are healthy* to establish yourself as a patient. You will need to bring your pay statement to show that your income is low enough to qualify for services.

### **Lincoln Community Health Center**

1301 Fayetteville St, Durham

Adult and Child Appointments (919)956-4034

Dental Appointments (919) 956 4038

For more information and clinic locations: [www.lincolnchc.org](http://www.lincolnchc.org)

## Women's and Maternity Care

If your health insurance does not cover maternity care or you do not have insurance, you will face very large bills for maternity and birthing care, sometimes up to \$10,000. The Durham County Health Department bases their fees on your income, so this could be a good resource. The Bull City Connector bus goes to the clinic.

### **Durham County Health Department**

#### **Women's Health, OB-GYN Clinic**

414 East Main St, Durham (919) 560-7600

Hours: M, W, Th, F 8:30am-5pm; T 8:30am-7pm

<http://dconc.gov/index.aspx?page=379>

Another option is **Planned Parenthood** which provides women's and reproductive health services on a sliding scale based on your income. This is a good resource to obtain birth control pills and testing for sexually transmitted infections.

### **Planned Parenthood Durham Health Clinic**

105 Newsome St, Suite 101, Durham (919) 286-2872

For hours, please see: [www.plannedparenthood.org/health-center/centerDetails.asp?f=2196&a=90840&v=details](http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2196&a=90840&v=details)

## Dental and Eye Care

Dental and regular eye checkups are not included in most basic insurance policies. A visit to the Dentist for a cleaning will cost around \$150, while an eye check up will cost at least \$100, not including glasses or contact lenses.

For a less-expensive dental option, you can go to the **Lincoln Community Health Center**, but you may have to wait up to 10 months to get an appointment.

You can save up to 40% on glasses at the Durham Tech Optical Shop, but you must bring a prescription from an eye doctor. There are also inexpensive options for glasses and contacts online.

Eye exams at optical shops in Walmart, Target, Sam's Club, Costco or other large stores are sometimes less expensive than at regular eye care centers or clinics.