HEALTH CARE
24/7/365

NURSE ADVICE HELPLINE
909-793-3311

Call our free Nurse Advice Helpline when you have a medical concern or question after hours.

Hours:
Weekdays: 5:00 pm until 8:00 am the next weekday
Weekends and holidays: 24 hours a day

URGENT CARE CENTERS
WALK-IN 365 DAYS A YEAR

Highland
7:00 am to 11:00 pm
7000 Boulder Ave.

Redlands
7:00 am to 11:00 pm
245 Terracina Blvd, #102

Beaumont
7:00 am to 9:00 pm
81 S. Highland Springs Ave, #101

PEDIATRIC SATURDAY CLINIC

Call (909) 793-3311 for a same-day appointment on Saturdays.
Phones open at 8:00 am.
245 Terracina, Suite 202
Redlands, CA

www.beavermedicalgroup.com (see reverse)
**Emergency Care**

Call 911 and get to an emergency room immediately if you have a medical condition that may result in serious medical consequences, cause serious impairment to bodily functions, or cause serious and permanent dysfunction of any bodily organ or part.

Immediate care for emergency symptoms at a hospital is essential. Every minute that passes before receiving emergency care can decrease the chances of survival. The following list gives common examples of emergencies and is not complete.

**Some examples of emergencies are:**
- Bleeding that will not stop
- Broken bones protruding through the skin
- Convulsions
- Head Injuries
- Poisoning
- Severe burns
- Severe dehydration
- Severe headaches (with no known cause)
- Trauma

**Symptoms of a heart attack include:**
- Chest discomfort which may feel like uncomfortable pressure, squeezing, fullness, pain or chest tightness.
- Upper body discomfort, including pain or achiness in one or both arms, the back, neck, jaw or stomach
- These heart attack symptoms are often accompanied by shortness of breath, breaking out in a cold sweat, nausea or light-headedness

**Symptoms of a respiratory emergency include:**
- Difficulty breathing
- Wheezing
- Or a bluish color of the lips or fingertips

**Symptoms of stroke include:**
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, difficulty speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden difficulty walking, dizziness or loss of balance or coordination
- These stroke symptoms may be accompanied by a sudden severe headache with no known cause

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**Urgent Care**

Some examples of urgent medical conditions (sudden illnesses or injuries that require prompt care but are not emergencies) include:

- Cold and flu symptoms
- Minor breaks and sprains
- Minor cuts and burns
- Diarrhea and vomiting
- Dislocations
- Earaches
- Fever
- Infections
- Insect bites
- Rashes
- Moderate pain

Beaver Medical Group’s Urgent Care Centers are available for your non-emergent care. Many health insurance plans have a much lower co-pay for urgent care vs. a higher copay at emergency rooms.