

URGENT AND AFTER HOURS CARE

If you are experiencing a medical emergency CALL 911

When URGENT MATTERS arise during business hours:

If you are sick, and you'd like help treating the illness, come on in for an appointment! Please call early in the day to reserve one of our "acute" appointments, which are saved for just such a need.

For URGENT MATTERS after business hours, you have three options:

CALL A 24 HOUR TELEPHONE CONSULTATION HOTLINE

There are a number of free services available to help you decide whether you should seek emergency treatment after hours, and who will provide advice about home care until you can be seen by your doctor. You may notice that these hotlines give different advice about using over the counter medicines than your naturopathic doctor gives in the office.

Consulting Line Phone Numbers:

- Group Health Consulting Nurse (206) 326-3225 (group health consumers only)
- Evergreen Medical Center in Kirkland 425-899-3000
- Harborview Community Care Line 206-744-2500
- Seattle Children's Resource line at 206-987-2500
- Swedish Medical Center Nurse Consulting Line 206-215-2100

Many insurance plans today provide a free service to their participants, which include a 24/hour nurse triage resource center for non-emergency situations. Check on your insurance carrier's website for current information.

SEEK CARE AT A LOCAL URGENT CARE CENTER or EMERGENCY DEPARTMENT

Seattle is lucky to have an excellent selection of hospitals, and many options for emergency after hours care. Emergency Departments of Local Hospitals We often refer people to the University of Washington Medical Center, Northwest Hospital, Swedish on First Hill or in Ballard, Group Health on Capitol Hill, or Evergreen Medical Center in Kirkland.

Acute CareCenters If you need in-person care after hours, but don't feel the situation is urgent enough to go to the emergency department of one of our local hospitals, consider one of these:

- Children's Hospital After-Hours Clinic 206-987-2211. Bellevue/Seattle. Open 6:45pm–9:30 pm M-F and 11am-8 pm on Sat/Sun and Holidays. Call the center before going, as they do not treat certain conditions and will refer you to the Emergency Room in Seattle.
- Care Plus Medical Centers in Shoreline or Kenmore. Open every day except Thanksgiving and Christmas. The Shoreline clinic can be reached at 206-365-0220 and the Kenmore clinic at 425-486-8300.
- West Seattle Convenient Care. Open evening hours for acute care, 6---9 pm 206.362.8671

WEB AND PRINT RESOURCES

- Adults and Kids The website <http://www.nlm.nih.gov/medlineplus/healthtopics.html> has good information about various health topics and can help you decide when to seek treatment. This is a government sponsored site from the National Institutes of Health, through their Medline Plus search engine.
- Kids <http://www.seattlechildrens.org/medical---conditions/> Enter your child's symptom into the "Should your child see a doctor?" search box.