

# Where to go for health care

For common illnesses and injuries, it is better to visit your primary care provider or urgent care instead of the emergency room. **Not sure where to go?** Neighborcare Health has clinics across Seattle and Vashon Island, many with evening and Saturday hours, and same-day or next-day appointments. Find a Neighborcare Health clinic near you at [neighborcare.org](http://neighborcare.org). Or call the 24-hour free nurse advice line at 1-866-418-1002.

## Primary Care Provider

**YOUR PRIMARY CARE PROVIDER OR CLINIC IS OFTEN THE BEST AND MOST AFFORDABLE OPTION** for your health care needs.

### Call your clinic or visit for:

- Allergies
- Cold or flu
- Cough, sore throat, fever, earache, sinus infection
- Diarrhea and vomiting
- Headache and migraine
- Asthma attack
- Back pain
- Animal or insect bite
- Cut, wound, burn or rash
- Urinary tract infection
- Sprain or strain
- Health check-up, vaccinations, cancer screenings
- Prescription refills
- Connection to mental health, dental care and specialty services

## Emergency Room

**IN A LIFE-THREATENING EMERGENCY, CALL 911.**

Use the hospital emergency room for very serious or life-threatening illnesses and injuries.

### Go to the emergency room for:

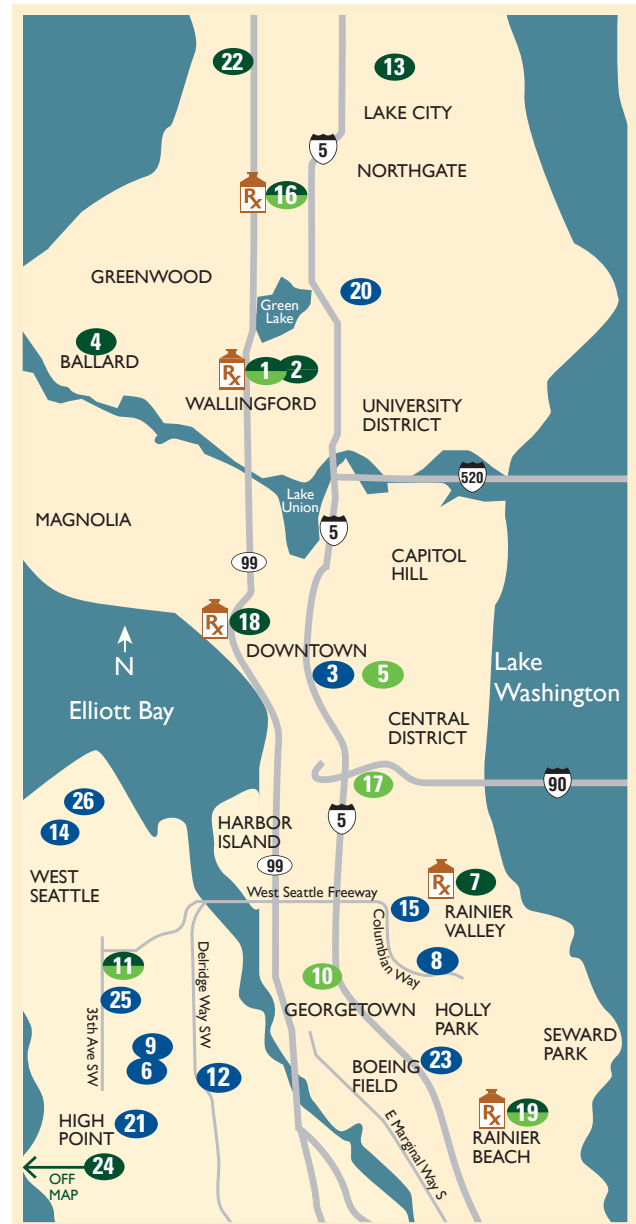
- Bleeding that won't stop
- Broken bones
- Severe burns
- Head injuries
- Sudden blurred vision or dizziness
- Slurred speech
- Numbness or paralysis in the face, arms or legs
- Chest pain
- Difficulty breathing
- Loss of consciousness or seizures
- Severe stomach pain
- Poisoning or possible overdose
- Feelings that you might want to hurt yourself or others
- Conditions you feel are life-threatening

## Urgent Care

**Go to urgent care when your primary care clinic is closed or when your condition may worsen if you wait for care.**

## Clinic sites

1. **Neighborcare Health at 45th Street** M D Rx  
1629 N 45th St, Seattle, WA 98103 | 206-633-3350
2. **Neighborcare Health Youth Clinic at 45th Street** M  
1629 N 45th St, Seattle, WA 98103 | 206-633-7650
3. **Neighborcare Health at Bailey Gatzert Elementary** S  
1301 E Yesler Way, Seattle, WA 98122 | 206-548-3162
4. **Neighborcare Health at Ballard** M  
1753 NW 56th St, #200, Seattle, WA 98107 | 206-782-5939
5. **Neighborcare Health at Central District** D  
2101 E Yesler Way, Seattle, WA 98122 | 206-461-7801
6. **Neighborcare Health at Chief Sealth International High School** S  
2600 SW Thistle St, Seattle, WA 98126 | 206-938-1360
7. **Neighborcare Health at Columbia City** M Rx  
4400 37th Ave S, Seattle, WA 98118 | 206-461-6957
8. **Neighborcare Health at Dearborn Park Elementary** S  
2820 S Orcas St, Seattle, WA 98108 | 206-548-3166
9. **Neighborcare Health at Denny International Middle School** S  
2601 SW Kenyon St, Seattle, WA 98126 | 206-923-2809
10. **Neighborcare Health at Georgetown** D  
6200 13th Ave S, Seattle, WA 98108 | 206-461-6943
11. **Neighborcare Health at High Point** M D  
6020 35th Ave SW, Seattle, WA 98126 | 206-461-6950
12. **Neighborcare Health at Highland Park Elementary** S  
1012 SW Trenton St, Seattle, WA 98106 | 206-455-9025
13. **Neighborcare Health at Lake City** M  
12721 30th Ave NE, #101, Seattle, WA 98125 | 206-417-0326
14. **Neighborcare Health at Madison Middle School** S  
3429 45th Ave SW, Seattle, WA 98116 | 206-933-7842
15. **Neighborcare Health at Mercer Middle School** S  
1600 S Columbian Way, Seattle, WA 98108 | 206-762-2394
16. **Neighborcare Health at Meridian** M D Rx  
10521 Meridian Ave N, Seattle, WA 98133 | 206-296-4990
17. **Neighborcare Health at Pacific Tower** D  
1200 12th Ave S, 4th Floor, Seattle WA 98144 | 206-548-5850
18. **Neighborcare Health at Pike Place Market** M Rx  
1930 Post Alley, Seattle, WA 98101 | 206-728-4143
19. **Neighborcare Health at Rainier Beach** M D Rx  
9245 Rainier Ave S, Seattle, WA 98118 | 206-722-8444
20. **Neighborcare Health at Roosevelt High School** S  
1410 NE 66th St, Seattle, WA 98115 | 206-527-8336
21. **Neighborcare Health at Roxhill Elementary** S  
9430 30th Ave SW, Seattle, WA 98126 | 206-452-2660



22. **Neighborcare Health at St. Vincent de Paul – Aurora** M  
13555 Aurora Ave N, Seattle, WA 98133 | 206-548-7600
23. **Neighborcare Health at Van Asselt Elementary** S  
8311 Beacon Ave S, Seattle, WA 98118 | 206-548-3168
24. **Neighborcare Health at Vashon** M  
10030 SW 210th St, Vashon, WA 98070 | 206-463-3671
25. **Neighborcare Health at West Seattle Elementary** S  
6760 34th Ave SW, Seattle, WA 98126 | 206-548-3164
26. **Neighborcare Health at West Seattle High School** S  
3000 California Ave SW, Seattle, WA 98116 | 206-658-8048

M = Medical D = Dental S = School-based Health Center Rx = Pharmacy