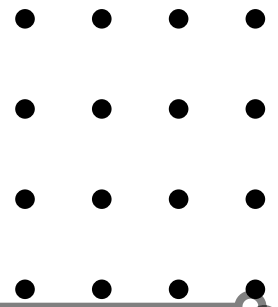


WHEN TO GO WHERE:

Know where to go for care in Blair County



Urgent Care:

For common medical problems, go to an urgent care or walk-in clinic.

- Rashes
- Ear and Sinus Infections
- Common Illnesses
- Urinary Tract Infection
- Minor injury, cuts
- Fever/Flu Symptoms
- Nausea, Vomiting, Diarrhea
- Heat Stroke/Dehydration

UPMC GoHealth

Urgent Care

300 E Plank Rd

Altoona, PA 16602

814-900-4388

Daily 8a - 8p

UPMC Primary Care

Walk In

1414 9th Ave Altoona

PA 16602

814-940-2950

M- F: 7:30a-7:30p

Sat: 8a-12p

iCare Urgent Care

701 Valley View Blvd

Altoona, PA 16602

814-799-0866

&

1333 Plank Road

Duncansville, PA 16635

814-693-5080

M-F 7a - 8p

S-S 8a - 6p

Emergency Dept:

Call 911 or go to your closest Emergency Room for life-threatening or immediate medical need

- Head Injuries
- Any sign of Stroke, including paralysis, confusion, altered mental state or difficulty speaking
- Spinal Injuries
- Trauma, Serious Fall, Serious Burns, or Severe Bleeding
- Heart attack symptoms, such as chest pain or discomfort, shortness of breath, unusual pain in upper arm, shoulder, jaw, or feeling nauseous/ lightheaded or unusually tired

UPMC Altoona

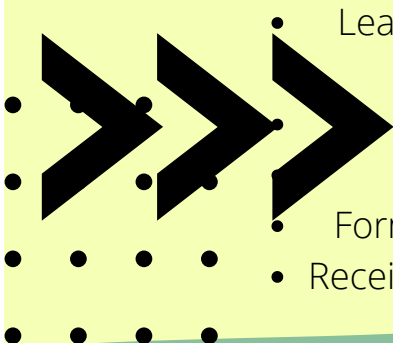
Nason Conemaugh Hospital

Penn Highlands Tyrone

James E Van Zandt VA Hospital

Importance of Preventative Care

Finding a primary care provider can help you:



- Learn about healthy lifestyles, including diet and nutrition, fitness, and mental health and substance abuse monitoring.
- Receive screenings and diagnostic testing
- Receive preventative immunizations
- Form a relationship with a doctor who knows your medical history
- Receive Annual Physical examinations and general health monitoring

MENTAL HEALTH CRISIS

988

988 is a 24/7 lifeline to mental health and suicide prevention resources. Call or text 988 anywhere across the United States to connect to a network of trained counselors who are ready to listen and provide support.

Did you know...

Crisis has moved!

When you need help for your mental health, walk in to 501 Howard Ave., Building C, Altoona, to be assessed for treatment needs during the hours of **8 am - 8 pm, Mon - Fri.** After hours and on weekends, Crisis can still be accessed through the Emergency Department at UPMC Altoona.

UPMC Altoona Mobile Crisis

24-hour hotline:

Call 814-889-2141, Option 1, anytime to speak with a trained counselor.

24/7 Mobile Crisis:

Staff travel anywhere in Blair County to provide face-to-face crisis services.

Walk-in center:

No appointment is needed to get help at the walk-in center, M-F 8am-8pm

501 Howard Ave.

Bldg C Suite 104, Altoona

Veterans Mental Health Services

Under the COMPACT Act, veterans in acute suicidal crisis can now go to any VA or non-VA healthcare facility for emergency care at no cost. For questions related to urgent care, call 888-901-6609.

James E Van Zandt VA Medical Center

2907 Pleasant Valley Blvd,

Altoona PA 16602

Veterans can also dial 988 and press option 1, or text "838255" to talk to someone about their feelings or needs.