

Call your Primary Care Provider first.

In an emergency dial 911.

For less urgent care, if you are not sure where to go, contact your primary care provider for guidance.

After hours, Arnot Health offers **Health on Demand**, available 7 days per week, 8 a.m. – 8 p.m. at 607-737-4499 or 800-952-2662. A nurse can help you decide what facility is best for your situation.

Primary Care Locations:

Arnot Health has primary care offices throughout the Twin Tiers of southern New York and northern Pennsylvania.

Find your primary care provider's office on our website

www.arnothealth.org/locations

or search for a provider who is accepting new patients

www.arnothealth.org/accepting-new-patients

Walk-in Care Locations:

Horseheads

100 John Roemmelt Drive
Horseheads, NY 14845

Erwin

418 S. Hamilton Street
Painted Post, NY 14870

Troy, PA

45 Mud Creek Road
Troy, PA 16947

Southport

1138 Broadway
Elmira, NY 14904

For Walk-In Care hours, call 607-737-4499

Emergency Department Locations:

Arnot Ogden Medical Center

600 Roe Avenue
Elmira, NY 14901

St. Joseph's Hospital

555 St. Joseph's Boulevard
Elmira, New York 14901

Ira Davenport Memorial Hospital

7571 State Route 54
Bath, NY, 14810

Where should I go for care?

Primary Care Provider

or Walk-in Care

or Emergency Department

Primary Care Same Day Visits:

Visit your primary care office for common illnesses, when you or your child looks or acts sick:

- Fever, infections or flu-like symptoms
- Sore throat, cough
- Back pain or minor pain
- Nausea or vomiting
- Anxiety or depression
- Asthma
- Bladder infections/UTI
- Earaches or headaches
- Gynecological conditions, discharge
- Injuries, minor burns, sprains and cuts that need stitches
- Rash

And, as always, for:

- Help with long term illness or conditions such as diabetes, high blood pressure
- Missed or irregular periods
- Prescriptions
- Checkups and shots
- School physicals
- Drug/Alcohol abuse

Walk-in Care Visits:

Visit a walk-in care clinic when your doctor's office is closed. Providers at walk-in clinics treat conditions that aren't life-threatening yet need to be taken care of right away.

- Sprained ankle
- Animal bites
- Abdominal pain
- Allergic reactions
- Possible broken bones
- Minor burns
- Fever or flu-like symptoms
- Ear infections
- Rashes
- Coughs, colds, sore throat
- Bladder infections

Not sure where to go?

- **In an emergency call 911.**
- **For non-emergency conditions, call your primary care provider.**
- **After hours, call Health on Demand, 8am – 8pm daily, at 607-737-4499.**

Emergency Department Visits:

Visit an emergency room for treatment of severe or life-threatening conditions:

- Chest pain
- Severe abdominal pain
- Sudden or severe pain
- Bleeding that won't stop
- Breathing is very hard
- Severe allergic reactions
- Head injury
- Stroke
- After a convulsion lasting more than 3 minutes
- After a serious accident
- Loss of consciousness
- Other major trauma