



Choosing Health

**Northeastern Vermont
Regional Hospital**



Northern Counties
HEALTH CARE

Compassionate Care in Our Home or Yours

**Turn me over
for locations!**

Guide to Care

Do you know where to go when symptoms appear?

1. Primary Care - Call your provider first

If you have a regular provider or doctor that you see when you are sick or for wellness visits, you should always call them first, **unless you have life-threatening or emergency needs.**

2. Northern Express Care - Walk-in care for minor illness or injury

A convenient health care option for your needs if you don't have a primary care provider or they are not available.

Walk-in services for minor illness or injury include:

- sprains & strains
- bumps & bruises
- minor cuts
- cold & flu
- sore throat
- stomach issues
- ear infection
- mild fever
- minor skin irritation/rash
- urinary tract infection
- pink eye
- vaccinations (COVID, flu, and others)

3. Emergency Department - For life-threatening illness or injury

Emergency Department use is for critical illness or injury that needs immediate attention*, including:

- broken bones
- open wounds
- severe and sudden stomach pain
- severe allergic reaction
- high fever (103°F or above) or with concerning symptoms
- chest pain
- trouble breathing
- stroke symptoms (numbness, paralysis, slurred speech, etc.)
- severe burn or bleeding
- crushing intense headache
- serious eye or head injury

**wait times will depend on the severity of your illness or injury*

When in doubt, call 9-1-1 for immediate medical emergencies.

NVRH Emergency Department | 24 hours a day | 802-748-8141

Healthcare Service Locations

Primary Care

Don't have a primary care provider? We can help you!

Northeastern Vermont Regional Hospital
Community Connections Program
802-748-7526

Northern Counties Health Care
Community Resource Coordinators
802-748-9405 ext. 1506



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nvrh.org



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nchcvt.org

St. Johnsbury Pediatrics

802-748-5131

Kingdom Internal Medicine

802-748-7500

Corner Medical

802-748-9501

Concord Health Center

802-695-2512

Danville Health Center

802-684-2275

Hardwick Area Health Ctr.

802-472-3300

**Island Pond Health &
Dental Ctr.**

802-723-4300

St. Johnsbury

Community Health Ctr.

802-748-5041

Walk-in Care



NorthernExpressCare.org

Lyndonville

195 Industrial Pkwy.

M-F 9am-7:30pm

Sat. 9am-2:00pm

802-748-9501

St. Johnsbury

1 Eastern Ave.

M-F 9am-7:30pm

Sat. 9am-3:00pm

802-633-6351

Newport

137 Main St.

M-F 9am-7:30pm

Sat. 9am-3:00pm

802-995-2412

Notes:

When in doubt, call 9-1-1 for immediate medical emergencies.

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