



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



Choosing Health

**Northeastern Vermont  
Regional Hospital**

[nvrh.org](http://nvrh.org)



**Northern Counties**  
HEALTH CARE

[nchcvt.org](http://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](http://NorthernExpressCare.org)

**Lyndonville**

195 Industrial Pkwy.

M-F 9am-7:30pm

Sat. 9am-2:00pm

802-748-9501

**St. Johnsbury 457**

Railroad Street, Suite 2

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.**

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