




There's no worse feeling than being unprepared in an urgency or emergency!
 If you can't get an appointment to see your primary care physician, or if you don't have one, consider an urgent care before heading to the emergency department! Urgent care clinics mean patients don't need to go to the ER for a costly visit to get a cold treated or an X-ray. Not sure if you need an urgent care or the emergency room? Below is a non-comprehensive list of conditions that each facility is suited for.

<u>Urgent Care</u>	<u>Emergency Room</u>
Minor fractures X-rays Nausea, vomiting and diarrhea Minor headaches Fever Ear or sinus discomfort Sprains and strains Foreign objects in the eyes or nose Rashes and minor burns Burning with urination Cold or flu symptoms	Chest pain Difficulty breathing Stroke Head trauma Severe bleeding Loss of vision 

****It's always better to be safe, rather than sorry! Call 9-1-1 or head to the emergency department if you think you're having a medical emergency****

Urgent Cares

River Road InstaCare

577 S River rd.,
 St. George, UT 84790
 Hours: Mon-Sun 8am-8pm

Sunset InstaCare

1739 W Sunset Blvd.,
 St. George, UT 84770
 Hours: Mon-Sat 8am-8pm

Hurricane Valley InstaCare

75 N 2260 W.,
 Hurricane, UT 84737
 Hours: Mon-Sat 8am-8pm

Emergency Room

Dixie Medical Center

Emergency Department

1380 E Medical Center Dr.,
 Saint George, UT 84790



Why donate blood and plasma?

Accidents, injuries, and even routine surgeries can all result in blood loss that individuals cannot handle on their own. Your blood donations can give these individuals the ability to survive. Different people have different blood types which means they can only receive certain blood. Your blood donation can not only help increase the amount available, but it could also be the specific match that someone needs! In a similar manner, plasma donations can be used to create medical treatments for all sorts of illnesses and injuries. Your blood and plasma donations can be the gift of life for those in need.

Provided below is information for where you can donate blood or plasma. Please be aware that most locations require you to set up an appointment. Thank you for your contributions to this important cause!

American Red Cross St. George Blood Donation Center

Address:

476 E. Riverside Drive, Ste B-6

Saint George, UT 84790

Phone: (800) 733-2767

Website: https://www.redcrossblood.org/local-homepage/location/st--george-american-red-cross.html?utm_source=GMBlisting&utm_medium=organic

<https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=84738>

BioLife Plasma Donation Centers (Two Locations)

Address/Phone:

816 North 2860 East

St. George, UT 84790

(435) 627-9102

671 N Dixie Dr

St. George, UT 84770

(435) 656-0055

Website: <https://www.biolifeplasma.com/us/donor-register>



Getting a COVID-19 Test Near You!

How do I know if I need a COVID-19 test?

Check your symptoms to see if you have the following...

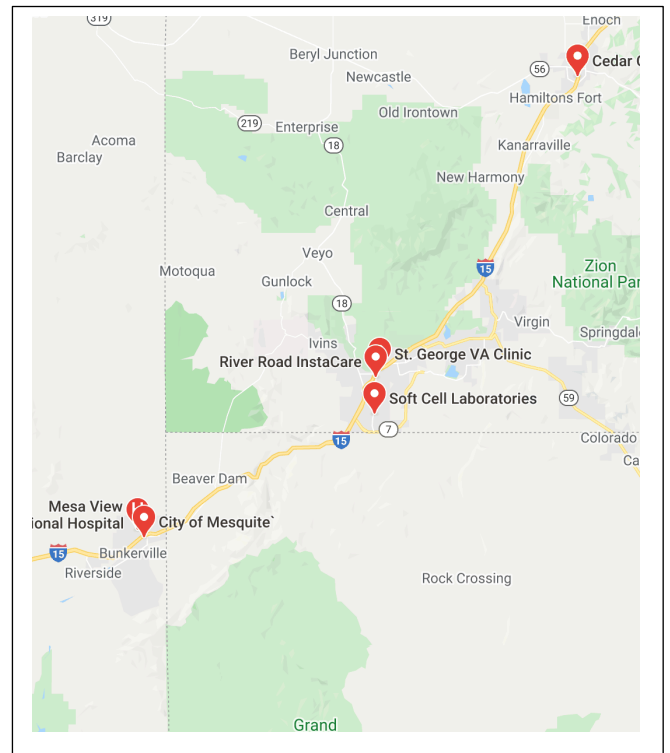
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Have you been around anyone that tested positive for COVID-19? OR have you been traveling through crowded public spaces?

If you have any of these symptoms GET TESTED!

Where can I get my COVID-19 Test?

- River Road InstaCare
Urgent care center
· 577 S River Rd
· (435) 359-4081
- St. George VA Clinic
Medical clinic
· 230 N 1680 E
· (435) 634-7608
- Soft Cell Laboratories
Medical laboratory
· 4616 Beehive Drive Unit 4
· (415) 763-8522



Sometimes our furry friends get sick and need help! Where can you go??

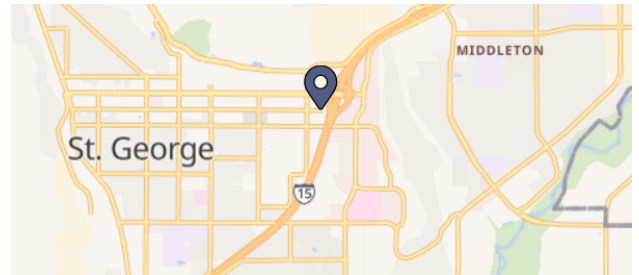


The Southwest Animal Emergency Clinic offers after-hour service on weekdays and 24-hour service on weekends and holidays!

1067 E. Tabernacle

St. George Utah

(435)673-3191



If your pet is sick but it's not an emergency, here are some other great options. These locations are open 8-5 on weekdays but they have a number you can call in an emergency after-hours!

St. George Veterinary Hospital:

775 S. Main St in St. George, just west of Dixie High

(435)673-9673

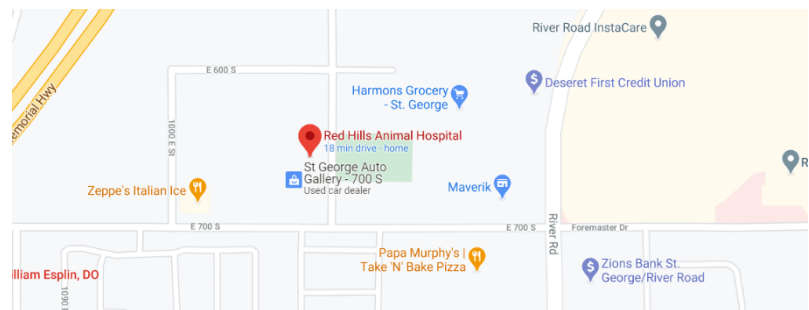


Red Hills Animal Hospital:

658 S. 1100 E. in St. George

Just west of the hospital

(435)656-8886

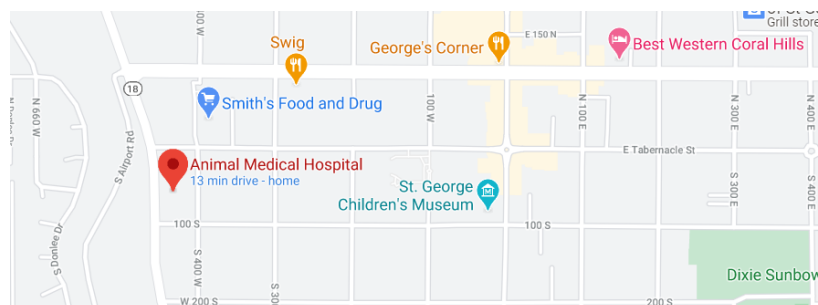


Animal Medical Hospital:

55 S. Bluff St. in St. George

Not far from Children's Museum

(435)628-1634





According to the 2017 National Survey on Drug Use and Health, more than 53 percent of those who misused prescription pain medications obtained them from friends or relatives. One of the first steps to tackle the issue of prescription drug abuse is to become educated about the dangers of prescription drugs as well as where to dispose of expired, unwanted, or unused medicines.

There are occasional drug take-back events hosted in the community by our local law enforcement. Watch for news for dates and times when these are hosted for your convenience. However, for *year-round safe disposal*, there are drop boxes located at the following locations. Help rid your home of these potentially spooky things this Halloween season.

Watson Dixie Pharmacy

1380 E Medical Center Dr. #1200, St George, UT 84790

Dixie State University Police

225 S. 700 E., St George, UT 84770

Stapley Pharmacy

102 E. City Center St., St George, UT 84770

St. George City Police Department

265 N. 200 E., St George, UT 84770



Fusion Pharmacy

1100 N Canyon View Dr. Suite C., Santa Clara, UT 84765

Hurricane City Police Department

90 S 700 W Hurricane, UT 84737

Washington City Police Department

135 N. 100 E., Washington, UT 84780