



WALK-IN CARE

Available for Martin's Point

Portsmouth Health Care Center Patients

Monday–Friday, 8 am–5 pm

What kind of conditions do you treat through Walk-In Care?

We provide medical services for everyday illnesses and minor injuries. Our providers are trained to diagnose and prescribe medications as needed. We also offer immunizations and health screenings.

- ▶ Upper respiratory symptoms; sore throat, allergy symptoms (minor) or hay fever
- ▶ Sprains, strains, minor sports injuries
- ▶ Joint and muscle aches
- ▶ New onset of neck or back pain
- ▶ Headaches
- ▶ Eye irritation; ear pain
- ▶ Skin conditions including tick and other insect bites and stings; rashes, skin lumps, bumps or growths; sunburns
- ▶ Urinary tract infection symptoms
- ▶ Nausea, vomiting, and diarrhea
- ▶ Sexually transmitted disease exposure without symptoms
- ▶ Wound checks
- Minor infections
- ▶ Flu viruses

What should I do if I think I have a severe illness or injury?

You should call 911 or go to the Emergency Room if you have the following:

- ▶ Chest pain
- ▶ Stroke-like symptoms
- ▶ Shortness of breath; facial or neck swelling
- ▶ Uncontrolled bleeding
- ▶ Severe cuts
- ▶ Obvious fractures or broken bones

What if I need lab work or X-rays?

On-site X-ray, lab, and pharmacy services are conveniently available, if needed during your visit.

Can I get a prescription if I need one?

If our care team determines you need a prescription, we can order one for you.

Our on-site pharmacy is open 8 am–5:30 pm, Monday through Friday.

Still have questions?

Call our Portsmouth Health Care Center at 1-603-431-5154. You may also use the *MyMartinsPoint*® patient portal for private email communications with our Health Care Center.

Martin's Point Portsmouth Health Care Center
161 Corporate Drive | Portsmouth, NH 03801

Tel 1-603-431-5154 | MartinsPoint.org/Portsmouth