



# Emergency Contact Information

For urgent or emergent care Monday - Friday, 8 a.m. - 5 p.m. call **McGrath Regional Health Center**.

(907) 524-3299

For urgent or emergent care after hours, call **911**.

911

For behavioral health support anytime, contact the **Behavioral Health Crisis Hotline** 24-hours daily.

(844) 413-2323

For public safety concerns, call 911 or contact the **Alaska Trooper Dispatch**.

(866) 742-5641

**Poison Control**

(800) 222-1222

Non-urgent, private messages can be sent to your primary care team through MyHealth (previously known as MyANMC).

## VISION

A Native Community that enjoys physical, mental, emotional and spiritual wellness.

## MISSION

Working together with the Native Community to achieve wellness through health and related services.

### McGrath Regional Health Center

(907) 524-3299

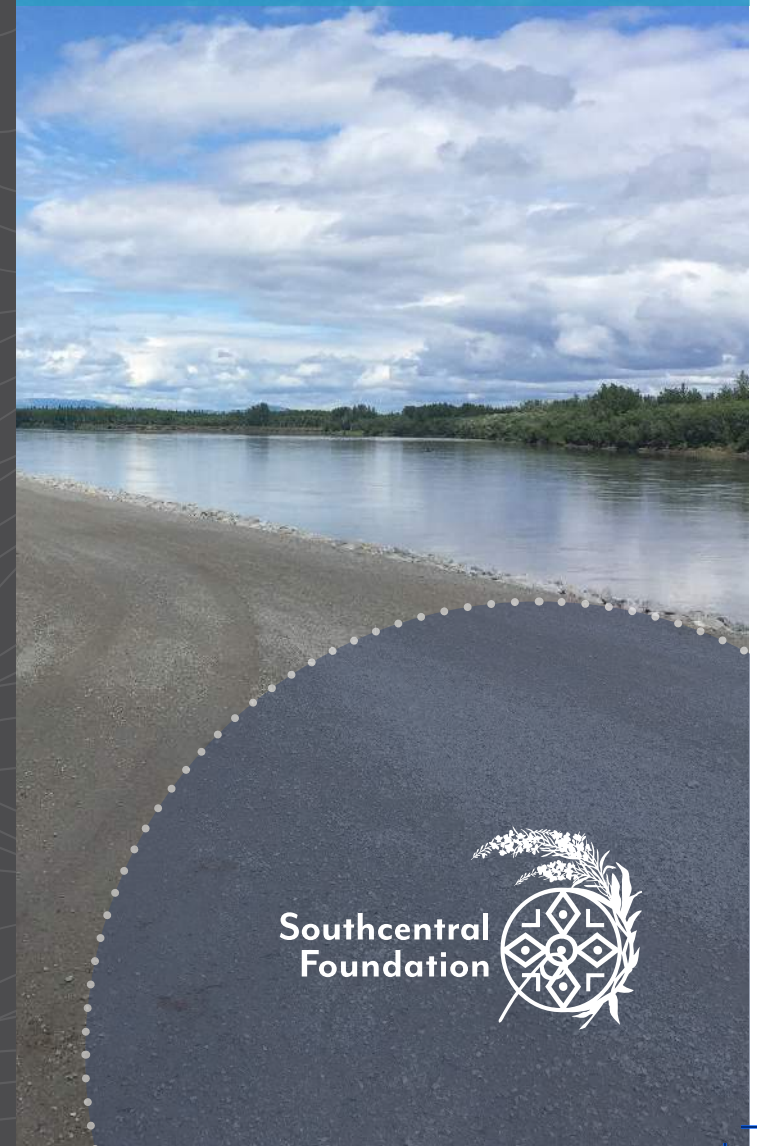
P.O. Box 10

McGrath, AK 99627

8 a.m. - 5 p.m. Monday - Friday  
Closed noon - 1 p.m. during lunch  
After hours/urgent 911

# Identifying a Medical Emergency

When to contact McGrath Regional Health Center after hours





### When to contact McGrath Regional Health Center after-hours:

If you are experiencing an urgent, or emergent situation, call the clinic immediately.

An **urgent** situation is an event that needs immediate attention that would otherwise become an emergency if not treated.

An **emergent** situation is an event that presents an immediate threat to one's life and requires immediate attention.

### Examples of non-emergency situations that can be handled during regular clinic hours:

- Refill of routine medication
- Request for over-the-counter medicine
- Request for chronic pain medication
- Toothache (without a fever)
- Earache (without a fever)
- Headache
- Sore throat
- Muscle strains
- Coughing (without shortness of breath)
- Common cold/runny nose
- Achy bones
- Small cuts or abrasions that do not require stitches

### Examples of emergencies that would warrant an after-hours call:

- Swallowed poison
- Regular contractions during pregnancy or leaking fluid
- Suicidal thoughts, threats, or attempts
- Sexual assault
- Convulsions/seizures
- Loss of consciousness
- Trouble breathing or talking
- Infants age 0 – 3 months with a fever greater than 100.4°F
- Children older than 3 months and adults with a fever more than 103°F
- Possible broken bones
- Chest pain
- Possible neck or spinal cord injury
- Sudden onset of severe pain
- Repeated vomiting
- Sudden onset of weakness
- Severe bleeding
- Difficulty waking someone

Do not put yourself at risk — if there's reason to believe your urgent or emergent situation poses an immediate threat to you after hours, call 911.

