UNC HEALTH®

Where to Seek Care

COVID-19 Testing — Please utilize one of the following options:

COVID-19 Testing at UNC Health: UNC Health patients may schedule their appointment by visiting My UNC Chart and selecting "Schedule an Appointment" from the menu or by contacting their UNC Health provider.

Visit the **N.C. Department of Health and Human Services (NCDHHS) website** to find a free testing site near you: NC.gov/covid19

Request a **free at-home test kit from LabCorp**: ondemand.labcorp.com/nc

Please note, testing is for those experiencing symptoms only. If you have been exposed to COVID but are not experiencing symptoms please follow CDC guidelines for quarantine. If you are having difficulty breathing, call 911 or seek immediate treatment.

Primary Care — Non-urgent/Minor Health Care Needs

Same day sick visits available	Colds, cough, flu, fevers	Pink eye
Ear infection	Minor burns, cuts/lacerations	Sore throat
Sprain or strain	Asthma attacks (minor), bronchitis	Dehydration
Allergic reaction	Nausea, migraines	

In-office and virtual visits available: Schedule at unchealthcare.org/primary-care or call 919-966-7890

Urgent Care — Minor Injuries and Illnesses

Allergies	Fever and flu symptoms	Strains and sprains
Coughs and colds	Respiratory problems	Sinus infections
Diarrhea	Skin rashes	Minor cuts
Ear infections	Sore or strep throat	Urinary tract infections

In-office and virtual visits available: See locations and reserve your spot at unchealthcare.org/unc-urgent-care

Emergency Department — Life-threatening Injuries and Illnesses

Chest pain or heart attack	Severe and prolonged shortness of breath	Heavy, uncontrolled bleeding
Stroke	Allergic reactions to food or insect bites	
Broken bones or deep wounds	Head injuries and/or unconsciousness	
Constant vomiting		

Note: This is not a complete list of emergency symptoms and conditions. Seek emergency care for any life-threatening situations.