



Get care when you need it, where you need it

When you're sick or hurt, you want to get the right care at the right time. **You should always call 911 or go to your nearest emergency room if you have a life-threatening emergency.** But you can save time and stress by knowing what kind of care you should get and where.

Primary care: Unless your life is in danger, call your primary care provider (PCP) first. They know your health history and what treatments will work best for you. You can visit your PCP for anything from a sore throat to cancer screenings. If your PCP can't provide the care you need, they will help you find someone who can.

Behavioral health care: Behavioral health care includes services for mental health care and drug and alcohol use disorders. Your primary care doctor can help you find a behavioral health provider if you don't have one.

Urgent care: Go to urgent care if you have a non-life-threatening condition, your PCP is not available or you cannot wait for an appointment. Consider going to urgent care if you have¹:

- Mild asthma symptoms
- Mild abdominal pain
- Sprains or strains
- Fever

Dental care: Dentists are prepared to help you with your dental needs. Unless you have a life-threatening emergency, call your dentist for any issues related to oral health.

Emergency care: Save the emergency room for emergencies. Emergency rooms are meant for life-threatening conditions, such as¹:

- Chest pain
- Difficulty breathing
- Head injuries
- Bleeding that won't stop

You can get this document in another language, large print, or another way that is best for you. You can also have a language interpreter. Call 888-788-9821 (TTY/TDD 711).

Eastern Oregon Coordinated Care Organization must follow state and federal rights laws. We cannot treat people unfairly in any of our services or programs because of a person's age, color, disability, gender identity, marital status, national origin, race, religion, sex or sexual orientation. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 888-788-9821 (TTY: 711). 注意: 如果您說中文, 可得到免費語言幫助服務。請致電 888-788-9821 (聾啞人專用: 711).

¹These are examples of conditions and not an all-inclusive list.

Where to find care near Gilliam and Sherman Counties¹:

Primary care and public health:

Arlington Health Center

- 110 On The Mall, Arlington, OR 97812
- 541-454-2888
- <http://arlingtonclinic.org/>
- Hours: Monday through Friday, 8:30 a.m. to 4 p.m.

Asher Community Health Center

- 712 Jay Street, Fossil, OR 97830
- 541-763-2725
- <https://asherhealth.org/>
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m. (After hours, call main phone line)

Columbia River Health

- 450 Tatone Street, Boardman, OR 97818
- 541-481-7212
- <https://www.crhclinic.net/>
- Hours: Monday through Friday, 8 a.m. to 6 p.m.
- Walk-in and same-day visits may be available on request

Mid-Columbia Medical Center Family Medicine

- 1620 E 12th Street
- 541-296-9151
- <https://www.mcmc.net/our-services/family-medicine/>
- Hours: Monday through Friday, by appointment only

Mid-Columbia Medical Center Internal Medicine

- 551 Lone Pine Boulevard, The Dalles, OR 97058
- 541-506-6920
- <https://www.mcmc.net/our-services/internal-medicine/>
- Hours: Monday through Wednesday, 8 a.m. to 6 p.m.; Thursday, 7:30 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

Mid-Columbia Medical Center Pediatrics

- 1935 E 19th Street, The Dalles, OR 97058
- 541-506-6520
- <https://www.mcmc.net/our-services/pediatrics/>
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

One Community Health

- 1040 Webber Street, The Dalles, OR 97058
- 541-296-4610
- <https://www.onecommunityhealth.org/the-dalles>
- Hours: Monday through Friday, 8 a.m. to 6 p.m.

Pioneer Memorial Clinic

- 130 Thompson Avenue, Heppner, OR 97836
- 541-676-5504
- <https://morrowcountyhealthdistrict.org/pioneer-memorial-clinic/>
- Hours: Monday through Friday, 9 a.m. to 5 p.m.
- Walk-in and same-day visits may be available on request

Sherman County Medical Clinic

- 110 Main Street, Moro, OR 97039
- 541-565-3325
- <http://shermancountymedicalclinic.net/>
- Hours: Monday through Thursday, 8 a.m. to 6 p.m.; Friday, 8 a.m. to 5 p.m.

South Gilliam Health Center

- 422 N Main Street, Condon, OR 97823
- 541-384-3121
- <https://southgilliamhealthcenter.com>
- Hours: Open by appointment

Behavioral health care:

Mid-Columbia Center for Living in Sherman County

- 903 Barnett Street, Klondike Room 107, Wasco, OR, 97065
- 541-565-3149
- <https://www.mccfl.org/>
- Hours: Monday through Friday, 9 a.m. to 5 p.m. (After hours, call the 24-Hour Crisis Hotline at 888-877-9147)

Mid-Columbia Center for Living in The Dalles

- 1060 Webber Street, The Dalles, OR 97058
- 541-296-5452
- <https://www.mccfl.org/>
- Hours: Monday through Friday, 8:30 a.m. to 12 p.m.; 1 p.m. to 5p.m. (After hours, call the 24-Hour Crisis Hotline at 888-877-9147)

Dental care:

Call your Dental Care Organization (DCO) to find a dentist close to you.

ODS Community Dental

- 800-342-05269
- <https://www.odscommunitydental.com/>
- Hours: Monday through Friday, 7:30 a.m. to 5:30 p.m.

Emergency care:

Mid-Columbia Medical Center Emergency Department

- 1700 East 19th Street, The Dalles, OR 97058
- 541-296-1111
- <https://www.mcmc.net/our-services/emergency-care/>

Pioneer Memorial Hospital

- 564 E Pioneer Drive, Heppner, OR 97836
- 541-676-9133
- <https://morrowcountyhealthdistrict.org/pioneer-memorial-hospital-nursing-facility>

Questions?

We're here to help. Please call our customer service team at 888-788-9821 (TTY users, please dial 711) or email us at EOCCOmedical@eooco.com.

¹ This information may change. EOCCO recommends visiting our website (<https://www.eooco.com/eooco-provider-search/>) or calling Customer Service (888-788-9821) for the most up to date list of clinics in your area.