

Families First Patients: How To Get Care ... When You Need It Now

*First, call Families First!
We'll answer 24/7.
(603) 422-8208 (x1)*

1 Families First

support for families...health care for all



First, call Families First!

Unless you have a true emergency, *First*, call Families First! Night or day, *your medical home is the best place to start*. You can reach us 24/7 at (603) 422-8208 (press 1).

• **When Families First is open**, we will make an appointment for you, or you may walk in. We offer:

— Walk-in and same-day appointments six days a week. That's Monday through Saturday, starting at 7:30 a.m.

For established patients only. Call ahead to reduce wait time.

— Early-morning, evening and Saturday appointments.

• **If Families First is not open**, you will hear instructions on how to speak with a nurse (yes, a real person). We also have a doctor on call for you.

Families First | (603) 422-8208 (press 1)
100 Campus Drive, Portsmouth
M-F 8:30–5:00, Sat. 7:30–12 **\$**

2 Walk-In Clinics

- When Families First is open: Walk-in and Urgent Care Centers are *not* a good alternative to seeing your primary care provider at Families First.
- If Families First is *not* open: Our after-hours nurse will help you decide if you need to be seen right away. (Remember, First, call Families First! at 422-8208 x1.) If our nurse tells you that your problem is not an emergency, but can't wait until Families First is open, see list below.

(FYI: Walk-in clinics are less expensive than Urgent Care Centers.)

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3 ER or 9-1-1

Unnecessary ER visits or 9-1-1 calls waste your time and money. So use these only in emergencies, such as:

- Life-threatening or disabling conditions
- Chest pain; numbness in the face, arm or leg; difficulty speaking
- Severe shortness of breath
- High fever with stiff neck, mental confusion or difficulty breathing
- Sudden or unexplained loss of consciousness
- Coughing up or vomiting blood
- Possible broken bones
- Cut or wound that won't stop bleeding

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LOCAL WALK-IN CLINICS

Clear Choice MD | 427-8539
750 Lafayette Rd., Portsmouth
7 days/week 8 AM–8 PM

CVS Minute Clinic | 926-2885
321 Lafayette Rd., Hampton
M-F 8–7, Sat. 9–5:30, Sun. 10-5:30

ConvenientMD

599 Lafayette, Portsmouth | 942-7900
1 Portsmouth Ave., Stratham | 771-3600
14 Webb Pl., Dover | 742-7900
7 days/week 8 AM–8 PM

My Health Kittery | (207) 439-4430
35 Walker St., Kittery
M-F 7–7, Sat. & Sun. 8–5

Barrington Walk In | 664-0955

426 Calef Hwy., Barrington
M-F 8 am–8 pm, Sat. 8-3, Sun. 9–3

Seacoast Redicare | 692-6066
396 High St., Somersworth
M-Thurs. 7–7, Fri. 7–5, Sat. 8–2

LOCAL URGENT CARE CENTERS

Wentworth-Douglass Express Care
701 Central Ave., Dover | 609-6700
65 Calef Hwy., Lee | 868-8507
7 days/week 8 am–8 pm

When visiting a Walk-in Clinic, Urgent Care Center or the ER, call ahead if possible. Tell them you are a patient at Families First.