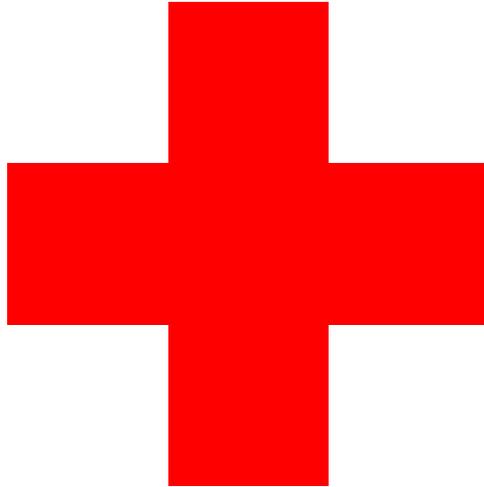


**STATE AGENCY  
WORK COMP  
CLINICS BY COUNTY**

September 16, 2016



**IN THE EVENT OF A WORKPLACE INJURY:**

- 1. Report the injury to your Supervisor*
- 2. If not serious, perform First Aid. If serious, seek medical attention from our preferred provider, IHC Workmed Clinic **(bolded on this list)**. If there is no WorkMed in the area, use industrial/occupational clinics if possible.*
- 3. Get a work status note from the Doctor*
- 4. Make sure your claim has been reported to HR & WCF*
- 5. Give your work status note to Supervisor & WCF Adjuster*

# Emergency Guide: Know Where to Go

When an emergency strikes, make sure you know where to go for care. This checklist is a quick guide for common emergencies. If the situation is life threatening, call 911 or go to the emergency room.

	PRIMARY OR URGENT CARE	EMERGENCY ROOM	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Allergic reaction that causes difficulty swallowing (or call 911)</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Animal or insect bites</b>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Asthma attack (severe) (or call 911)</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Broken bone</b> If skin is punctured, go to the ER or call 911.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Burns</b> If severe, go to the ER.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Chest pain (severe) (or call 911)</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Concussion</b> If loss of consciousness, go to the ER.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Coughs</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Cuts</b> If uncontrolled bleeding, go to the ER.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Diarrhea</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Dizziness</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Eye injuries</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Fever</b> If very young infant has fever or adult has fever of 105-plus degrees, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Headache</b> If severe, go to the ER.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Nausea or upset stomach</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>CALL 911</b> Numbness in arm or leg, difficulty speaking, face drooping
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Rashes</b>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Seizure (without an epilepsy diagnosis)</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Sinus pain</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Shortness of breath</b> If severe, go to the ER or call 911.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Sore throat</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Sprained ankle</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Urinary tract/bladder infections</b>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Vomiting</b> If vomiting blood, go to the ER.

\* **CARE CLOSE TO HOME** To find a primary care, urgent care or emergency care facility near you, visit [healthcare.utah.edu/find-a-location](http://healthcare.utah.edu/find-a-location).

## CLINICS BY COUNTY

### BEAVER COUNTY

**Beaver Clinic** (South wing of Beaver Valley Hospital)

1059 North 100 West

Beaver, Utah 84713 435-438-7280 Mon – Fri 9:30am – 5:00pm Sat 9:30am – Noon

**Milford Clinic** (inside main entrance of Milford Valley Hospital)

850 N Main

Milford, Utah 84751 435-387-2471 Mon – Fri 9:30am – 4:30pm Sat 9:30am – Noon

### BOX ELDER COUNTY

**Tremonton WorkMed**

905 N 1000 W

Tremonton, Utah 84337 435-207-4512 Mon - Fri 8:00am – 5:00pm

### CACHE COUNTY

**Logan WorkMed**

412 North 200 East

Logan, Utah 84321 435-713-2850 Mon – Fri 8:00am – 5:00pm

### CARBON COUNTY

**WorkPoint Occupational Clinic**

590 East 1<sup>st</sup> North

Price, Utah 84501 435-637-1697 Mon – Thur 8:00am – 5:00pm Fri – 8:00am - Noon

### DAGGETT COUNTY

**Flaming Gorge Community Health Center**

96 North 100 West

Manila, Utah 84046 435-784-3575 Mon, Tue, Thu, Fri 9:00am – 3:30PM

### DAVIS COUNTY

**Layton WorkMed**

2075 N University Park Blvd (1200 West)

Layton, Utah 84041

801-776-4444 Mon - Fri 8:00am - 5:00pm

**Layton WorkCare**

2084 N 1700 W Ste D

Layton, Utah 84041 801-773-3400 Mon-Fri 7:30am – 5:00pm

**FirstMed**

1512 Renaissance Town Dr #100

Bountiful, Utah 84010 801-295-6483 Mon – Sat 9:00am-9:00pm Sun 9:00am-5:00pm

### DUCHESNE COUNTY

**Uintah Basin Medical Center – The Clinic**

50 East 200 South

Duchesne, Utah 84021 435-738-2426 Mon – Fri 9:00am – 4:30PM

<b>Uintah Basin Medical Center Urgent Care/Occ Med</b>
210 West 300 North
Roosevelt, Utah 84066 435-725-2072 Mon - Fri 8:00am – 8:00pm, Sat 8:00am – 4:00pm
<b>Uintah Basin Medical Center - The Clinic</b>
38080 West State Road 35
Tabiona, Utah 84072 435-848-5509 Mon 9:00am – 3:00pm, Thur 9:00am - Noon
<b>EMERY COUNTY</b>
<b>Green River Medical Center</b>
585 W Main Street
Green River, Utah 84525 435-564-3434 Mon - Fri 7:00am – 5:00pm
<b>WorkPoint Clinic</b>
90 West Main Street
Castle Dale, Utah 84513 435-381-2305 Mon - Fri 8:00am – 5:00pm
<b>GARFIELD COUNTY</b>
<b>Garfield Memorial Clinic</b>
224 North 400 East
Panguitch, Utah 84759 435-676-8842 Tue – Fri 9:00am – 5:00pm
<b>Bryce Valley Clinic</b>
25 S Redrock Dr
Cannonville, Utah 84718 435-679-8545
<b>Kazan Clinic</b>
45 N Center St
Panguitch, Utah 84726 435-826-4374
<b>GRAND COUNTY</b>
<b>Grand County Wellness Center (Urgent Care)</b>
255 Williams Way
Moab, Utah 84532 435-259-4466 Mon-Fri 8:00am – 4:00pm
<b>IRON COUNTY</b>
<b>Cedar City WorkMed</b>
962 South Sage Dr.
Cedar City, Utah 84720 435-865-3460 Mon - Fri 9:00am - 5:00pm
<b>JUAB COUNTY</b>
<b>Nephi Medical Clinic</b> (inside Central Valley Medical Center) east end
48 West 1500 North
Nephi, Utah 84648 435-623-3200 Mon - Fri 8:00am - 5:00pm Sat 9:00am - 12 noon

**KANE COUNTY****Lake Powell Medical Center**

467 Vista Avenue

Page, Arizona 86040

928-645-8123 Mon – Fri 8:00am - 6:00pm

**Kane County Medical Clinic (east end of hospital complex)**

355 N Main Street

Kanab, Utah 435-644-4100 Mon - Fri 9:00am - 5:00pm

**Orderville Clinic**

425 East State St

Orderville, Utah 435-648-2775 Mon - Fri 9:00am - 5:00pm

**MILLARD COUNTY****Fillmore Clinic (IHC)**

700 South Hwy 99

Fillmore, Utah 84631 435-743-5555 Mon – Fri 8:30AM - 4:30PM

**Delta Family Medicine**

130 S. White Sage Avenue

Delta, Utah 84624 435-864-3333 Mon - Fri 9:00am – 4:30pm

**MORGAN COUNTY****Morgan Health Center**

166 N State Street

Morgan, Utah 84050 801-829-3426 Mon &amp; Tue 8:00am – 7:00pm, Wed - Fri 9:00am - 5:00pm

**PIUTE COUNTY****Circleville Clinic**

145 West Main

Circleville, Utah 84723 435-577-2958 Mon – Fri 9:00am -5:00pm

**RICH COUNTY****Bear Lake Community Health Center**

325 West Logan Hwy

Garden City, Utah 84028

435-946-3660 Mon – Fri 8:00am – 5:00PM; Sat (summer only) 9:00am - 3:00pm

**SALT LAKE COUNTY****Murray WorkMed**

201 East 5900 South Suite 100

Murray, Utah 84107

801-288-4900 Mon - Fri 8:00am - 5:00pm

**Salt Lake WorkMed**

1685 West 2200 South

Salt Lake City, Utah 84119

801-972-8850 Mon - Fri 7:30am - 5:30pm

<b>SALT LAKE COUNTY cont</b>
<b>South Jordan WorkMed</b>
1091 West South Jordan Pkwy Ste 500
South Jordan, Utah 84095 385-887-7200 Mon - Fri 8:00am - 5:00pm
<b>FirstMed Industrial Clinic</b>
5911 South Fashion Blvd
Murray, Utah 84107 801-266-6483 Mon - Sun 10AM – 10PM
<b>FirstMed Industrial Clinic</b>
1950 East 7000 South
Salt Lake City, Utah 84121 801-943-3300 Mon - Sun 9:00am – 9:00pm
<b>FirstMed Industrial Clinic</b>
8822 South Redwood Road
West Jordan, Utah 84088
801-256-0009 Mon - Fri 8:00am – 9:00pm Sat 9:00am – 9:00pm Sun Noon – 9:00pm
<b>Draper Work Care</b>
12422 South 450 East
Draper, Utah 84020 801-748-1600 Mon - Fri 8:00am – 6PM
<b>U of U Healthcare Occupational Medicine Clinic @ Redwood Health Center</b>
1525 West 2100 South can deal with blood borne pathogen protocol
Salt Lake City, Utah 84119
801-213-9777 Mon – Fri 8:00am – 5:00pm Urgent Care Mon – Fri 5:00pm – 9:00pm Sat & Sun 9-9
<b>U of U Healthcare Occupational Medicine Clinic @ South Jordan Health Center</b>
5126 Daybreak Parkway can deal with blood borne pathogen protocol
South Jordan, Utah 84095
801-213-9777 Mon - Fri 8:00AM – 5:00PM Urgent Care M-F 5:00pm to 9:00pm Sat & Sun 9-9
<b>SAN JUAN COUNTY</b>
<b>San Juan Clinic-Monticello</b>
380 West 100 North
Monticello, Utah 84535
435-587-5054 Mon – Thur 8:00am – 5:00pm
<b>San Juan Clinic-Blanding</b>
804 North 400 West
Blanding, Utah 84511
435-678-2254 Mon – Thur 9:00am – 5:00pm, Fri 9:00am-2PM
<b>SANPETE COUNTY</b>
<b>Fountain Green Medical Clinic</b>
275 W 300 S
Fountain Green, Utah 84632 435-445-3301 MWF 9:00am - 5:00pm T,Th 9:00am-7:00pm

<b>SANPETE COUNTY cont</b>
<b>Manti Family Clinic</b>
159 N Main St
Manti, Utah 84642 435-835-3344 Mon – Fri 9:00am – 5:00pm
<b>Moroni Clinic (IHC)</b>
51 East Main Street
Moroni, Utah 84646
435-436-5250 Mon - Fri 8:00am - 5:00pm
<b>Mt. Pleasant Clinic</b>
1100 South Medical Drive
Mt. Pleasant, Utah 84647
435-462-3471 Mon-Tue 9:00am – 7:00pm, Wed-Fri 9:00am – 5:00pm
<b>Gunnison Family Medicine Clinic</b>
65 E 100 North
Gunnison, Utah 84634
435-528-2130 Mon - Fri 8:30am - 5:00pm
<b>SEVIER COUNTY</b>
<b>Sevier Valley Clinic (IHC)</b>
1000 North Main #A
Richfield, Utah 84701 435-893-0580 Mon – Fri 9:00am – 5:00pm closed 12:30pm to 2:00pm
<b>SUMMIT COUNTY</b>
<b>Park City InstaCare</b>
1665 Bonanza Drive
Park City, Utah 84068 435-649-7640 Mon-Sun 8:00am – 8:00pm
<b>TOOELE COUNTY</b>
<b>Tooele InstaCare</b>
777 N Main Street
Tooele, Utah 84074 435-228-1200 Sun – Sat – 9:00am-9:00pm
<b>UINTAH COUNTY</b>
<b>Basin Clinic Urgent Care</b>
475 North 500 West
Vernal, Utah 84078 435-789-6634 Mon - Fri 8:00am – 9:00pm, Sat 9:00am – 6PM
<b>Workpoint Occupational Medicine</b>
1680 W Hwy 40 Ste #202
Vernal, Utah 84078 435-781-6634 Mon-Thur 8:00am-5:00pm Fri 8M - Noon
<b>Uintah Basin Healthcare</b>
250 West 300 N Suite 101 in <b>The Clinic</b> next - the hospital
Roosevelt, Utah 84066 435-722-4691 Mon-Fri 8:00am - 8:00pm Saturday: 8:00am - 4:00pm

**UTAH COUNTY****Springville WorkMed**

385 South 400 East

Springville, Utah 84663 801-491-6400 Mon - Fri 8:00am - 5:00pm

**Orem WorkMed**

830 North 980 West

Orem, Utah 84057 801-724-4000 Mon - Fri 8:00am - 5:00pm

**Orem WorkCare**

601 North 1200 West

Orem, Utah 84057 801-224-4211 Mon - Fri 8:00am - 5:00pm

**WASATCH COUNTY****Heber Valley Clinic (IHC)**

1473 S Hwy 40 Ste E

Heber City, Utah 84032 435-657-4400 Mon-Fri: 9:00am-9:00pm Sat-Sun 10AM-2pm

**WASHINGTON COUNTY****St. George WorkMed**

385 North 3050 East

St. George, Utah 84790 435-251-2630 Mon - Fri 8:30AM – 5:30PM

**Hurricane Valley Clinic InstaCare**

75 North 2260 West

Hurricane, Utah 84737 435-359-4081 Mon - Fri 9:00am - 9:00pm

**WAYNE COUNTY****Wayne Community Health Center**

128 South 300 West

Bicknell UT 84715 435-425-3744 Mon-Fri 9:00am - Noon &amp; 1:30 - 5:00pm, Sat 9:00am - 1pm

**Wayne Community Health Center**

30 S Hwy 95

Hanksville, Utah 84734 435-542-3281

**Kazan Memorial Clinic**

570 E Moqui Lane

Escalante, Utah 84726 435-826-4374 MTWF – 9:00am – 5:00pm Th 12:00pm – 8:00pm

**WEBER COUNTY****Ogden WorkMed**

1355 West Hinckley Dr (3400 South)

Ogden, Utah 84401 801-387-6150 Mon - Fri 7:30AM - 5:30PM