

SACRAMENTO WOMEN'S GUIDE TO

When to Get Care

When to Visit the Doctor

You should visit your health care provider for regular check-ups even if you feel fine and healthy. These visits can help you avoid problems in the future. There are specific times when you should see your provider. Below are screening guidelines for women ages 18 to 39 years old.

Screening Tests/ Services	Ages 18–39
HPV Vaccine	Ask your provider about the human papilloma virus (HPV) vaccine if you are 18 – 26 years old and have not already completed the HPV vaccination series.
Breast Exam	Get a clinical breast exam if you feel any abnormal lumps in your breasts.
Cervical Cancer Screening	Get a Pap test every 3 years if you are 21 or older and have a cervix. If you are 30 or older, you can get a Pap test and HPV test together every 5 years.
Sexually Transmitted Infection (STI) + HIV screening	Get tested for chlamydia + gonorrhea every year through age 25 if you are sexually active or pregnant. After age 25, get tested if you are at increased risk. Get tested for HIV at least once in your life. Discuss your risk with your provider because you may need more frequent tests.
Cholesterol Test	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease.
Diabetes Screening	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.

Doctor's Office, Urgent Care or Emergency Room?

If you are sick or hurt, use this chart to help you decide if you should visit your primary care doctor, go to an urgent care center or go to the hospital emergency room.

Primary Care Provider	Urgent Care	Hospital—Emergency Care
<ul style="list-style-type: none"> + Primary care + Routine check-ups + Preventative health-care + Fever, cold + flu + Ear or eye infection + Sore throat + Vomiting / Diarrhea + Rashes + Cuts + scrapes + Infections 	<ul style="list-style-type: none"> + Minor allergic reaction + Cuts that may need stitches + Severe sore throat + Sprains and strains + Heat stroke and dehydration + Moderate/severe infections 	<ul style="list-style-type: none"> + Life-threatening conditions + Coughing up or vomiting blood + Severe allergic reactions + Head injury with loss of consciousness + Uncontrolled bleeding + Severe abdominal pain + Seizures + Heart attack symptoms + Stroke symptoms + Possible broken bones or fractures