



## Emergency Contact Information

For urgent or emergent care  
Monday - Friday, 8 a.m. - 5 p.m.  
call **McGrath Regional  
Health Center.**

(907) 524-3299

For urgent or emergent care after  
hours, call **911.**

911

For behavioral health support  
anytime, contact the **Behavioral  
Health Crisis Hotline**  
24-hours daily.

(844) 413-2323

For public safety concerns,  
call 911 or contact the **Alaska  
Trooper Dispatch.**

(866) 742-5641

**Poison Control**

(800) 222-1222

Non-urgent, private messages can be sent to  
your primary care team through MyHealth  
(previously known as MyANMC).

### VISION

**A Native Community that enjoys  
physical, mental, emotional and  
spiritual wellness.**

### MISSION

**Working together with the Native  
Community to achieve wellness  
through health and related services.**

### McGrath Regional Health Center

(907) 524-3299

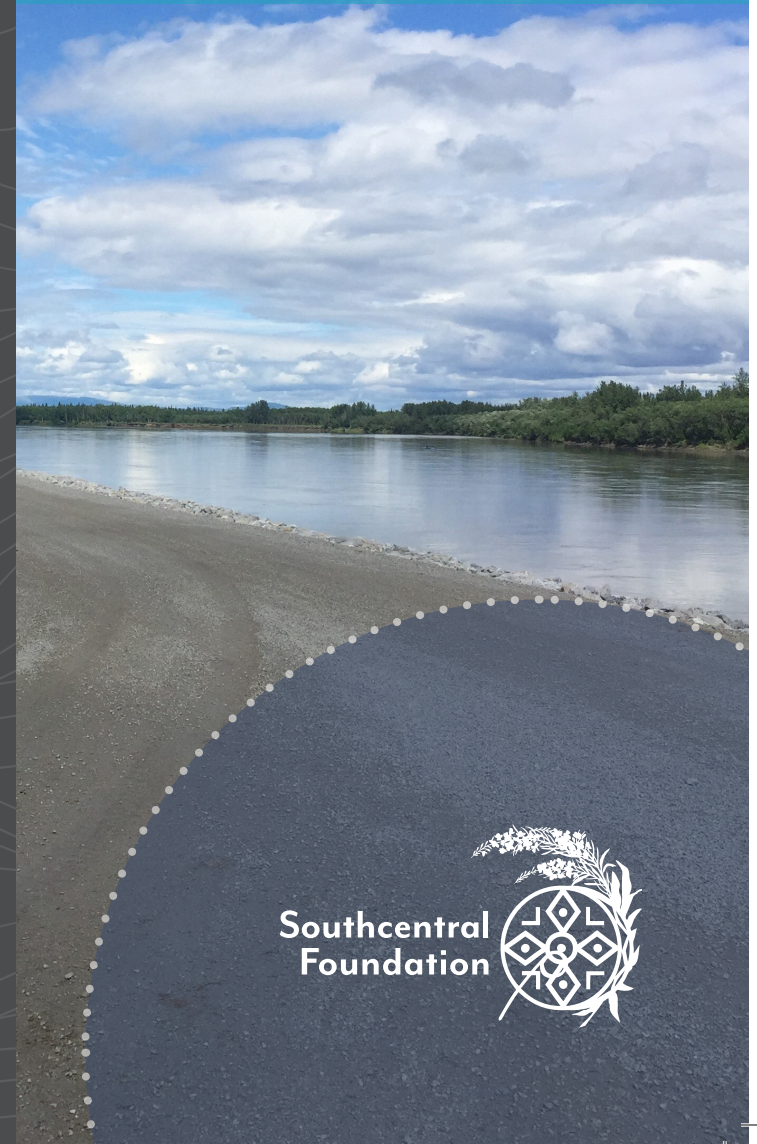
P.O. Box 10

McGrath, AK 99627

**8 a.m. - 5 p.m. Monday - Friday**  
**Closed noon - 1 p.m. during lunch**  
**After hours/urgent 911**

## Identifying a Medical Emergency

When to contact McGrath  
Regional Health Center  
after hours



Southcentral  
Foundation





### When to contact McGrath Regional Health Center after-hours:

If you are experiencing an urgent, or emergent situation, call the clinic immediately.

An **urgent** situation is an event that needs immediate attention that would otherwise become an emergency if not treated.

An **emergent** situation is an event that presents an immediate threat to one's life and requires immediate attention.

### Examples of non-emergency situations that can be handled during regular clinic hours:

- Refill of routine medication
- Request for over-the-counter medicine
- Request for chronic pain medication
- Toothache (without a fever)
- Earache (without a fever)
- Headache
- Sore throat
- Muscle strains
- Coughing (without shortness of breath)
- Common cold/runny nose
- Achy bones
- Small cuts or abrasions that do not require stitches

### Examples of emergencies that would warrant an after-hours call:

- Swallowed poison
- Regular contractions during pregnancy or leaking fluid
- Suicidal thoughts, threats, or attempts
- Sexual assault
- Convulsions/seizures
- Loss of consciousness
- Trouble breathing or talking
- Infants age 0 – 3 months with a fever greater than 100.4°F
- Children older than 3 months and adults with a fever more than 103°F
- Possible broken bones
- Chest pain
- Possible neck or spinal cord injury
- Sudden onset of severe pain
- Repeated vomiting
- Sudden onset of weakness
- Severe bleeding
- Difficulty waking someone

Do not put yourself at risk — if there's reason to believe your urgent or emergent situation poses an immediate threat to you after hours, call 911.

