

When to Seek Medical Attention

If you have symptoms like those that would prompt you to seek medical care, then contact your regular doctor's office. If you do not have a regular doctor, seek medical care from the clinic or provider that you would normally go to for medical treatment. If you have a severe illness or you are at high risk* for flu complications, contact your healthcare provider or seek medical care immediately. Your healthcare provider will determine whether flu testing or treatment is needed.

***High risk for Flu Complications**

- Children younger than 5 years of age (severe complications higher amongst those younger than 2 years).
- Adults 65 years of age and older.
- Persons with the following conditions:
Pregnancy • Cancer • Blood disorders (including sickle cell disease) • Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)] • Diabetes • Heart disease • Kidney disorders • Liver disorders • Neurological disorders (including nervous system, brain or spinal cord) • Neuromuscular disorders (including muscular dystrophy and multiple sclerosis) • People with weakened immune systems (including people with AIDS)
- Persons younger than 19 years of age who are receiving long-term aspirin therapy.
- Residents of nursing homes and other chronic-care facilities.

Information adapted from www.cdc.gov/h1n1flu/ga.htm on 08/28/09

Some clinics in the San Antonio metro area include:

- CommuniCare Health Centers
- CentroMed Clinics
- ExpressMed Clinics
- Texas MedClinics

(see next pages for details)

CommuniCare Health Centers:

In addition to accepting Medicaid, Medicare and over 200 private health insurance plans, CommuniCare also serves individuals that are not covered by health insurance. Patients are charged for services on a sliding fee scale based on the patient's family size and income. In accordance with Federal regulations, proof of income must be provided for the patient to be eligible for any sliding fee discount on services.

Barrio Family Health Center	
1102 Barclay, 78207 Information Tel: (210) 434-2368 Medical Tel: (210) 434-2368	Hours of operation: Mon/Wed/Fri, 8am-5pm Tue/Thu, 8am-7pm

Dr. Frank Bryant Health Center	
3066 E. Commerce, 78220 Information Tel: (210) 233-7000 Family Medicine Tel: (210) 233-7020	Hours of operation, Family Medicine: Mon/Wed/Thu/Fri, 8am-5pm Tue, 8am-7pm

Information obtained from www.communicaresa.org

CentroMed Clinics:

CentroMed accepts all major private health insurance plans, Medicaid, Medicare, CHIP, and CareLink.

CentroMed Palo Alto Clinic	
9011 Poteet-Jourdanton Freeway, 78224 Appointment line: (210) 921-6010	Hours of operation: Mon-Fri, 8am-5pm

CentroMed Somerset Clinic	
7315 S. Loop 1604 West, 78069 Appointment line: (210) 830-429-3582 Appointment line: (210) 624-3045	Hours of operation: Mon/Fri, 8am-5pm Tue/Wed/Thu, 9am-6pm

CentroMed South Park Clinic	
6315 S. Zarzamora, 78211 Appointment line: (210) 924-3593	Hours of operation: Mon/Tue/Thu, 8am-7pm Wed, 9am-7pm; Fri, 8am-5pm Sat, 9am-1pm

CentroMed Southside Clinic	
910 S.W. Military Drive, 78221 Appointment line: (210) 923-4646	Hours of operation: Mon-Fri, 8am-5pm

CentroMed Walzem Clinic	
5253 Walzem Road, 78218 Appointment line: (210) 651-1050	Hours of operation: Mon-Fri, 8am-5pm

Information obtained from www.centromedsa.com

ExpressMed Clinics:

University Health System offers five ExpressMed clinics. ExpressMed clinics offer care for sore throats, ear infections, sprains, cuts, flu symptoms, and abdominal pain. Medical services are available with same day appointments and walk-ins are accepted. Clinics are open evenings and weekends. ExpressMed Clinic payment options include most health insurance plans, CareLink, and cash at the time services are rendered. Call 358-5510 for more information.

ExpressMed Clinic at University Hospital	
4502 Medical Drive Telephone: (210) 358-5510	Hours of operation: 7 days a week, 8am-10pm

ExpressMed Clinic at University Family Health Center Southwest	
2121 SW 36th Street Telephone: (210) 358-5510	Hours of operation: Mon-Thu, 8am-8pm Fri, 9am-4pm Sat, 8am-12noon

ExpressMed Clinic at University Family Health Center Southeast	
1055 Ada Street Telephone: (210) 358-5510	Hours of operation: Mon-Thu, 8am-8pm Fri, 9am-4pm Sat, 8am-12noon

ExpressMed Clinic at University Family Health Center North	
302 W. Rector Telephone: (210) 358-5510	Hours of operation: Mon-Thu, 8am-8pm Fri, 9am-4pm Sat, 8am-12noon

ExpressMed Clinic at University Health Center Downtown	
527 N. Leona Telephone: (210) 358-5510	Hours of operation: Mon-Fri, 8am-8pm Sat, 8am-4pm

Information obtained from www.universityhealthsystem.com/emergency-center/EC-expressMed.shtml

Texas MedClinics:

Texas MedClinic is a group medical practice specializing in occupational medicine and the treatment of urgent medical problems on a walk-in basis. Each Texas MedClinic has physicians on duty at all times during operating hours and all locations have free parking. Each clinic is open 7 days a week, including many holidays, 8am-11pm. Texas MedClinic accepts many health insurance plans and out of pocket payment. Texas MedClinic is not a Tricare or Medicaid provider, but will assist Medicaid subscribers in filing claims for reimbursement.

Texas MedClinic, Blanco/Parliament
11811 Blanco Road, 78216 Telephone: (210) 341-5588

Texas MedClinic, Loop 1604/Bandera
9207 North Loop 1604 West, 78249 Telephone: (210) 695-4884

Texas MedClinic, IH 10/Wurzbach
9885 IH-10 West, 78230 Telephone: (210) 696-5599

Texas MedClinic, Loop 410/Broadway
1007 N. E. Loop 410, 78209 Telephone: (210) 821-5598

Texas MedClinic, IH 10W/Leon Springs
23611 IH-10W, Leon Springs, 78257 Telephone: (210) 698-6617

Texas MedClinic, Loop 410/Ingram
6570 Ingram Road, 78238 Telephone: (210) 520-5588

Texas MedClinic, IH 35N/Eisenhauer
7460 IH-35 North, 78218 Telephone: (210) 655-5529

Texas MedClinic, SE Military/Roosevelt
1111 Southeast Military Dr., 78214 Telephone: (210) 927-5580

Texas MedClinic, IH 35N/Loop 1604
8341 Agora Parkway, Selma, 78154 Telephone: (210) 659-5533

Texas MedClinic, IH 35N New Braunfels
958 IH 35N, New Braunfels, 78130 Telephone: (830) 606-5533

Information obtained from www.texasmedclinic.com