

HEALTH CARE RESOURCES

for West Contra Costa Residents

Doctors Medical Center (DMC) San Pablo Closing April 21

As of April 21, DMC will be closing and no longer accepting patients. The following information will help you find urgent medical care in West Contra Costa or free medical advice by phone to help you decide what kind of care you need.

WHEN TO CALL 9-1-1

For any life-threatening medical or psychiatric emergencies, call 9-1-1 immediately.

WHEN TO CALL AN ADVICE NURSE

Advice nurses can help you figure out if you need to go to an Emergency Room, visit an urgent care clinic or make an appointment for the next day. You should call an advice nurse for nonlife-threatening conditions.

WHEN TO GO TO URGENT CARE

An urgent care clinic offers immediate care for walk-ins or same-day appointments for patients who need timely medical care but who are not having a medical emergency.

ANYONE WHO DOESN'T HAVE PRIVATE INSURANCE CAN CALL CONTRA COSTA HEALTH SERVICES' (CCHS) ADVICE NURSE LINE FOR FREE HEALTH ADVICE ANYTIME.

FREE Advice Nurse
24 Health Line
HOURS A DAY
DAYS A WEEK
including Holidays

Contra Costa Health Services Advice Nurse Line:
1-877-661-6230 option 1

HEALTH CENTERS IN WEST COUNTY AREA (NON-URGENT CARE UNLESS SPECIFIED)

| | |
|---------------------------------------|----------------|
| LifeLong Brookside Richmond | 510-215-5001 |
| LifeLong Brookside San Pablo | 510-215-9092 |
| LifeLong Richmond | 510-233-2514 |
| LifeLong, Dr. Jenkins Office | 510-237-9537 |
| Brighter Beginnings Family Health | 510-213-6681 |
| RotaCare at Brighter Beginnings | 510-213-6678 |
| BAART Community HealthCare | 510-232-0874 |
| Planned Parenthood Richmond | 510-222-5290 |
| Concentra Urgent Care, Richmond | 510-222-8000 |
| CCHS West County Health Center | 1-800-495-8885 |
| CCHS North Richmond Center for Health | 1-800-495-8885 |

NEW URGENT CARE CENTER STARTING APRIL 20

Patients can walk in or call
for an appointment.

Lifelong Urgent Care Center

2023 Vale Rd., San Pablo, CA 94806
(across the street from DMC)

Noon to 8 p.m.
7 Days a Week
510-231-9800