LifeLong Urgent Care is here when you need immediate medical care:

- Bad sore throat
- Cuts that need stitches
- Asthma flare-ups
- Earaches & infections
- Urinary tract infections
- Colds & flu
- Sprains & strains
- Headaches
- Back pain
- Nausea, vomiting, & diarrhea

Go to the ER if your symptoms are severe, life-threatening, or come on suddenly. Do not drive to the hospital if you have severe chest pains, bleeding, or feel faint. Dial 911.

LifeLong Immediate/Urgent Care–San Pablo
2023 Vale Road, San Pablo
Mon-Fri 10am-8pm, Sat & Sun 9am-5pm
510-231-9800

LifeLong Immediate/Urgent Care–Berkeley
2001 Dwight Way, Berkeley
Mon-Sat 9am to 6pm, Closed Sundays
510-204-7979

Walk-ins Welcome! • Medi-Cal & Most Insurance Plans Accepted • Se Habla Español • www.lifelongmedical.org