



**Minot State
UNIVERSITY**

Guide to HEALTHCARE for International Students



HEALTHCARE OPTIONS IN MINOT

■ MSU Student Health Center

The Student Health Center should be your first stop unless you have a major emergency. Be sure to call ahead to set up an appointment. If you need to be referred to a local clinic, they can help direct you.

■ Sanford Health Walk-in Clinic

If you need to see a doctor for an urgent reason when the MSU Student Health Center is closed, the Sanford Health Walk-in Clinic is a good choice because you do not need an appointment. The clinic is open until 9 P.M. on weekdays and is also open limited hours on weekends and holidays.

You can see a doctor at the clinic for bone fractures, sprains, strains, cuts, colds, flu, earaches, sore throats, minor burns, pinkeye, stomach pain, diarrhea, vomiting, stiches, bladder infections, and other minor health problems.

■ Trinity Health Emergency Room

Walk-in clinics are not intended to be a substitute for an emergency room. If you are experiencing a true emergency, such as head trauma, severe bleeding, chest pain or pressure, shortness of breath, difficulty breathing or life-threatening injuries, go to the Trinity Health Emergency Room immediately. You can also call 911 if you need the assistance of paramedics and an ambulance.

Be aware that if you go to the emergency room at a hospital in the U.S. when your condition is not considered a true emergency, you will wait a long time to be seen by the doctor and the cost will be extremely high.



**MINOR
ILLNESS
or INJURY**

- Fever
- Minor cuts
- Cold, cough, sore throat or the flu
- Skin rashes
- Diarrhea

WHERE TO GO

MSU Student Health Center
Lura Manor, South Entrance
Phone: 701-858-3371

Sanford Health Walk-in Clinic
801 21st Ave SE
Minot, ND 58701
Phone: 701-838-3150

HOURS

Fall and Spring Semesters:
Monday – Friday, 8 A.M. – 4:30 P.M.
Summer: Tuesday – Thursday, 8 A.M. – 4:30 P.M.
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Monday – Friday, 8 A.M. – 9 P.M.
Weekends and Holidays
10 A.M. – 4 P.M.



**MAJOR
EMERGENCY**

- Head injury
- Severe shortness of breath
- Severe bleeding

WHERE TO GO

Trinity Health Emergency Room
1 Burdick Expressway W
Minot, ND 58702
Phone: 701-857-5260

HOURS

24 hours a day, 365 days a year.
Only use for severe injuries – visits to the ER are very expensive!



**LIFE
THREATENING**

- Loss of consciousness
- Severe car accident
- Potential for death

WHERE TO GO

Dial 911 to request an ambulance with paramedics for on-site help.

HOURS

24 hours a day, 365 days a year.
You can also dial 911 to contact police or the fire department in an emergency, or if you feel you or someone else is in danger.