

Brookside High School

Where to go for Care



Brookside High School
Athletic Trainer,
Mike Cicerchi



Brookside High School
Team Physician,
Dr. Cole Budinsky

SPORTS MEDICINE

Talk to your athletic trainer about making an appointment with your UH Team Physician at a location close to home.

High School Athletic Trainer:
Mike Cicerchi
mikecicerchi11@yahoo.com

- Common sports injuries, including hip, knee, shoulder, hand, wrist and foot injuries
- Sprains
- Strains
- Dislocations
- Stress fractures
- Fractures
- Exercise-induced asthma
- Concussions
- Nutrition
- Sports psychology

PRIMARY CARE

For regular preventive health care visits and the management of chronic conditions.

- Common illnesses, such as coughs, colds and sore throats
- COVID-19 exposure
- Fever and flu-like symptoms
- Health advice
- Immunizations
- Prescription refills
- Referral to a specialist
- Routine checkups
- Screenings
- Sports physicals



VIRTUAL URGENT CARE

Video visit with a doctor without leaving your home for minor illnesses.

UHhospitals.org/VirtualUrgentCare

Available 7 days a week, 7 a.m. – 11 p.m. EST

- Allergies, except severe reactions
- Coughs, colds and sore throats
- COVID-19 exposure
- Ear pain
- Fever and flu-like symptoms
- Migraine
- Pink eye, eye redness, discharge or itchiness
- Poison ivy
- Skin irritation or rash without fever
- Urinary tract infections (UTI)



URGENT CARE

Walk-in care for minor injuries or illnesses that need to be treated the same-day.

UH Avon Urgent Care
1997 Healthway Dr
Avon, OH 44011

Weekdays, 9 a.m. – 8 p.m.

Weekends, 9 a.m. – 5 p.m.

Holidays, 9 a.m. – 3 p.m.

Closed on Thanksgiving, Christmas Day and New Years Day

- Allergies, except severe reactions
- Coughs, colds and sore throats
- Cuts that may require stitches
- COVID-19 exposure
- Dehydration
- Ear pain
- Fever and flu-like symptoms
- Migraine
- Pink eye, eye redness, discharge or itchiness
- Skin irritation or rash without fever
- Urinary tract infection (UTI)



ORTHOPEDIC INJURY CLINIC

Immediate, same-day access to an orthopedic provider when an unexpected injury occurs.

UH Sheffield Health Center/Center for Orthopedics
5001 Transportation Drive
Sheffield Village, Ohio 44054

Weekdays 8:30 a.m. – 4 p.m.

Closed on Christmas and New Year's Day

- Broken bones and fractures
- Joint pain, dislocation or injury
- Sports injury (excluding concussion)
- Sprains, strains and deep bruises
- Tendon and ligament injuries



EMERGENCY ROOM

For serious injuries or symptoms, dial 9-1-1 or head straight to the nearest emergency room.

UH St. John Medical Center Pediatric Emergency Room
29000 Center Ridge Road
Westlake, Ohio 44145

Open 24/7, 365 days a year

- Chest pain or difficulty breathing
- Concussion/confusion
- Fainting/change in mental state
- Head trauma or eye injury
- Loss of vision or blurriness
- Seizures or loss of consciousness
- Uncontrolled bleeding
- Weakness/numbness on one side, loss of coordination)



University Hospitals
Sports Medicine

To learn more on where to go for care, visit
UHhospitals.org/Choices