NOTICE TO ALL EMPLOYEES

If you become injured on the job, take the following steps:

- Notify a member of management of your injury immediately.
- If you feel that you need medical attention, the providers listed below are just SUGGESTIONS that are available for prompt, efficient and high quality medical care; however, you may use a provider that is not listed.
- Please call the provider to schedule an appointment.
- For urgent care needs OR after clinic hours, you may seek treatment from the hospital Emergency Department listed OR the nearest qualified facility or provider.
- For emergency assistance, call your nearest police or fire department or 911.

INITIAL CARE

1. Concentra Medical Centers
   Occupational Medicine Clinic
   Urgent Care Clinic
   5590 General Washington Dr
   Alexandria, VA 22312
   703-914-6718
   Medical Director: Sam Marco MD

2. Patient First-Alexandria
   Urgent Care Clinic
   6311 Richmond Hwy
   Alexandria, VA 22306
   703-647-6087
   Medical Director: Yoon, Isaac, MD

3. DOMINION URGENT CARE, LLC
   Urgent Care Clinic
   6370 Springfield Plaza
   Springfield, VA 22150
   703-569-7554
   Medical Director: Saad Mahdi, M.D.

OTHER

4. Chandra, Ramesh G., MD
   Center for Orthopaedics and Sports Medicine Inc
   Orthopedic: Surgery
   8230 Boone Blvd Ste 200
   Tysons, VA 22182
   703-848-0800

5. Wellborn, Colvin, MD
   Nirschl Orthopedic Center
   Orthopedic: Surgery
   1715 N George Mason Dr Ste 504
   Arlington, VA 22205
   703-525-2200

6. Akhtar, Nauman J., MD
   Orthopedic: Surgery
   224d Cornwall St NW Ste 204
   Leesburg, VA 20176
   703-737-6029, 703-777-3262

PLEASE POST
THIS PLACARD NEXT TO YOUR POSTING NOTICE

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