



In case of injury, refer to the preferred providers listed below.

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

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| <p>1. Concentra Medical Centers
 <i>Occupational Medicine Clinic</i>
 <i>Urgent Care Clinic</i>
 5590 General Washington Dr
 Alexandria, VA 22312
 703-914-6718
 <i>Medical Director: Sam Marco MD</i></p> | <p>2. Patient First-Alexandria
 <i>Urgent Care Clinic</i>
 6311 Richmond Hwy
 Alexandria, VA 22306
 703-647-6087
 <i>Medical Director: Yoon, Isaac, MD</i></p> | <p>3. DOMINION URGENT CARE, LLC
 <i>Urgent Care Clinic</i>
 6370 Springfield Plaza
 Springfield, VA 22150
 703-569-7554
 <i>Medical Director: Saad Mahdi, M.D.</i></p> |
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OTHER

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| <p>4. Chandra, Ramesh G., MD
 Center for Orthopaedics and Sports Medicine Inc
 <i>Orthopedic: Surgery</i>
 8230 Boone Blvd Ste 200
 Tysons, VA 22182
 703-848-0800</p> | <p>5. Wellborn, Colvin, MD
 Nirschl Orthopedic Center
 <i>Orthopedic: Surgery</i>
 1715 N George Mason Dr Ste 504
 Arlington, VA 22205
 703-525-2200</p> | <p>6. Akhtar, Nauman J., MD
 <i>Orthopedic: Surgery</i>
 224d Cornwall St NW Ste 204
 Leesburg, VA 20176
 703-737-6029, 703-777-3262</p> |
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William and Mary University - Washington, DC 20001
 Washington, DC 20001
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