

# I'm sick or hurt... WHERE DO I GO?

**NEED CARE,  
BUT SAFE  
TO WAIT?**

## Call Your Family Doctor or Nurse Practitioner First

- Your primary care provider knows you the best
- If you don't have a doctor/NP, walk-in clinics are open
- Visit [pathwaysbcvirtualcare.ca](http://pathwaysbcvirtualcare.ca) for more info

**NEED  
CARE  
TODAY?**

- Call your doctor/NP for a same day appointment
- Call 811 for health advice 24/7 if doctor not available
- Ladysmith and Chemainus Urgent Care Centres are open daily, 7:30am–10:30pm (lab/x-ray available onsite)
- **EXAMPLES:** broken bones, asthma attacks, allergic reactions, cuts & burns

**DON'T  
FEEL SAFE  
TO WAIT?**

## Call 911 or Go To Emergency

- If you've been in a major accident or have a life-threatening situation
- **EXAMPLES:** Trouble breathing, chest pain/pressure, severe pain, heavy bleeding, signs of stroke - face droop, arm/leg weakness & difficulty speaking