



Social Media Messaging & Ideas:

Simply copy & paste onto your facebook page, twitter feed or into your newsletter!

Watch this video so you know the best place to go when you don't feel well or have hurt yourself.
#thinkwhereforcare [WATCH IT HERE.](#)

Not feeling well? For an emergency injury or health problem that is serious or life-threatening, call 9-1-1
#thinkwhereforcare

Not feeling well? Make an appointment with your family doctor for health concerns that worry you or won't go away. #thinkwhereforcare

Not feeling well? Don't have a family doctor? Visit a local walk-in clinic. #thinkwhereforcare

Not feeling well? Ask a local pharmacist for advice on common health problems and the best medicine to take. #thinkwhereforcare

Not feeling well? Contact HealthLinkBC.ca at 8-1-1 to speak to a nurse, pharmacist or dietitian. Stay on the line to reach a translator. #thinkwhereforcare

Not feeling well? Take care of yourself by treating minor illnesses and injuries at home.
#thinkwhereforcare

Appointment with your family doctor? Plan ahead. Limit one concern per appointment. Write down what you want to ask or tell your doctor. #thinkwhereforcare

Appointment with your family doctor? Bring a list of medicine you are taking, your BC Care Card, past test results and a friend to help you remember information. #thinkwhereforcare

Appointment with your family doctor? Communicate openly. Be patient and realistic. Write down your doctor's instructions. #thinkwhereforcare

Appointment with your family doctor? Need to go for tests? Fill a prescription? Call the office if you've forgotten anything. #thinkwhereforcare

[Access video & image files here.](#)

Thank you for sharing this video with patients, with your community, in your waiting room, classroom or directly with anyone who could benefit from the ***Think Where for Care*** messaging.

For more information, please contact richmond@divisionsbc.ca