



# THIS WINTER SEASON CHOOSE THE RIGHT CARE AT THE RIGHT PLACE



## HEALTH CONCERN?

Call your family doctor or care provider first  
Same-day urgent in-person or virtual appointments are often available

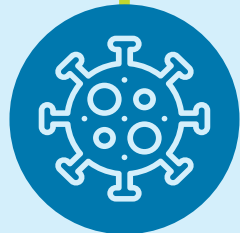
Visit [pathwaysmedicalcare.ca](https://pathwaysmedicalcare.ca) for primary care (day-to-day health care) options in your community



## FAMILY DOCTOR NOT AVAILABLE?

For Urgent and Primary Care Centre locations and hours check out [vch.ca/UPCC](https://vch.ca/UPCC)

Check [medimap.ca](https://medimap.ca) for UPCC and walk-in clinic wait times



## COVID-19 TESTING?

Visit [vch.ca/COVIDtesting](https://vch.ca/COVIDtesting) for locations and hours



## TRUSTED HEALTH ADVICE?

Contact HealthLinkBC at 8-1-1, available 24/7 or go to [healthlinkbc.ca](https://healthlinkbc.ca)



## CRITICAL OR LIFE THREATENING CONDITION?

Call 911 or go to the nearest emergency department  
Request that a copy of your medical reports be sent to your family doctor. To check average ED wait times for your nearest hospital, visit [edwaittimes.ca](https://edwaittimes.ca)



## URGENT MEDICATION REFILL?

Speak with your pharmacist  
They can often provide short-term refills and other advice

[vch.ca/wintercare](https://vch.ca/wintercare)