

# RIGHT CARE, RIGHT PLACE.

USE YOUR EMERGENCY DEPARTMENT WISELY

## HEALTH CONCERN?

Call your family doctor or nurse practitioner first.  
Same-day appointments may be available.



## FAMILY DOCTOR OR NURSE PRACTITIONER NOT AVAILABLE?

Visit a local walk-in clinic if available.

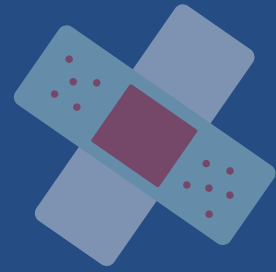
## NEED TRUSTED HEALTH ADVICE?

Call 8-1-1. Healthlink BC is available 24/7.



## NEED SAME-DAY TREATMENT BUT CAN'T SEE YOUR REGULAR CARE PROVIDER?

Visit [www.interiorhealth.ca](http://www.interiorhealth.ca) to see whether an Urgent and Primary Care Centre is available in your community.



## MENTAL HEALTH AND/OR SUBSTANCE USE CONCERN?

Call the IH Crisis Line at 1-888-353-CARE (2273).  
Available 24/7.

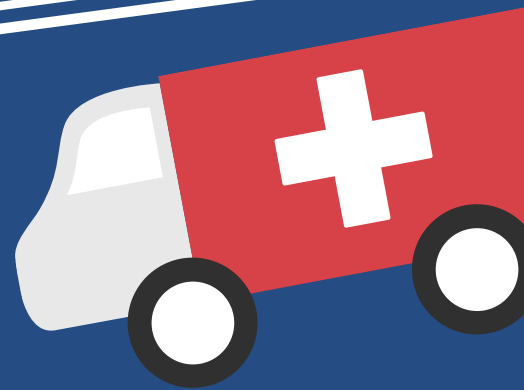
## URGENT MEDICATION REFILL NEEDED?

Speak with your pharmacist.



## CRITICAL INJURY OR LIFE-THREATENING CONDITION?

Call 9-1-1 or go to the nearest emergency department.



Interior Health  
*Every person matters*

Adapted from Fraser Health/White Rock South Surrey Division of Family Practice and Island Health/South Island Division of Family Practice.