

Where can I receive care?



Interior Health
Every person matters

Patient Information • Primary & Community Care Resources, Kamloops

www.interiorhealth.ca

For serious, life-threatening illness or injury requiring immediate care

Emergency Department

The following conditions should be assessed and treated immediately in an Emergency Department (ED) or by calling 9-1-1:

- Suspected stroke
- Confusion
- Chest pain
- Difficulty breathing
- Severe abdominal pain
- Major trauma or injury
- Major psychiatric illness
- Significant head injury
- Maternity or obstetric issues
- Poisoning or overdose

For non-life-threatening illness or injury requiring same-day care

Urgent Primary Care Centre

Team-based care is available by referral at the Urgent Primary Care Centre for non-life threatening illnesses or injuries that need same-day care. This is not a walk-in clinic. (See brochure for additional information.)

The team will provide care for:

- Less serious injuries
- Lacerations, wounds, skin conditions
- Infections
- Minor pediatric illness/injury
- Women's health

For non-emergency illnesses

Family doctor or nurse practitioner

Call your regular physician or nurse practitioner (NP) office first. Same-day, urgent appointments may be available. Walk-in clinics are the next option.

To find a family doctor or NP, call 8-1-1 and ask to be placed on the Kamloops Primary Care Waitlist. Your doctor or NP is best for:

- Continuing care for ongoing health-care concerns
- Prescription renewals
- Follow-up visits for chronic conditions
- Follow-up visits for lab tests or imaging tests
- Regular check-ups
- First contact for new conditions not requiring urgent or emergency care
- Promotion and disease prevention
- Forms (e.g. sick notes, driver's licence, insurance, medical)

Pharmacist

Pharmacists are a good resource for advice and limited prescription renewals. Try them first for:

- Allergies
- Cold symptoms
- Manageable back/joint pain
- Urgent medication refill
- Minor Fever
- Mild rash

8-1-1 HealthLink BC

Not sure where to go for help? For advice, call 8-1-1 HealthLink BC (call 7-1-1 if hearing impaired), available 24/7, or visit www.healthlinkbc.ca

- Nurses
- Pharmacists
- Dietitians

Healthlink BC Call 8-1-1 www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		

Where can I receive care? *(continued)*

For other care and support in the community

Mental Health Resources

Interior Crisis Line Network

1-888-353-CARE (2273) toll-free, 24/7

Mental Health & Substance Use

250-377-6500 (during business hours)

250-377-0088 (after hours)

Rapid Access Addiction Clinic

Walk-ins welcome 9 a.m. to 4 p.m.

250-374-2345 (8 a.m. to 11 p.m.)

Home or Community Care

Information on health-care services provided at home or in community clinic.

250-851-7945

Aboriginal Services

Kamloops Aboriginal Friendship Society

Urban Aboriginal Health Centre,
Wellness Services,
Family Child & Youth,
Addiction Services.

250-376-1296

<https://www.kafs.ca/>

White Buffalo Aboriginal and Métis Health Society

517A Tranquille Road

250-554-1176

<http://whitebuffalosociety.ca/>



Q'wemtsin Health Society Office

(Serving on-reserve T'Kemlups, Whispering Pines
and Skeetchst'n members.)

250-314-6732

qwemtsin.org