

Where TO GET CARE

URGENT PRIMARY CARE CENTRES (UPCC)

VS

EMERGENCY DEPARTMENT (ED)

I need to see a health-care provider within 12-24 hours

Visit an UPCC:

- If you do not have a family health-care provider
- You cannot get an appointment with your regular health-care provider

UPCC's can help with:

- Sprains or simple fractures
- Minor cuts, stitches and minor burns
- Mild to moderate breathing difficulties
- Rapid access to mental health and substance use crisis services
- Assessment and treatment for minor illnesses
 - (i.e.) respiratory infections, eye irritation, or urinary tract infections
- Access to diagnostic imaging and lab services: x-rays and blood tests.



My situation requires urgent care or is life threatening

Visit an ED or call 911:

- To get connected to emergency service providers in B.C. (i.e. ambulance)
- if you're in doubt about whether you are experiencing a medical emergency

ED's can help with:

- Chest pain or tightness
- Choking or breathing difficulties
- Loss of consciousness
- Signs of a heart attack or stroke
- Severe burns
- Convulsions that are not stopping
- A drowning
- A severe allergic reaction
- A serious head injury
- Major bleeding
- Broken bones
- Extreme pain
- New or sudden confusion



Find an urgent primary care centre or hospital near you.

[InteriorHealth.ca](https://www.interiorhealth.ca)



Interior Health