

Knowing and Accessing Your Health Care Options

When to go to the Urgent Care Centre

Less serious conditions for urgent care

- Abdominal pain (under age 60)
- Minor allergies
- Bites
- Cough, cold, flu symptoms
- Cuts or tears
- Diarrhea
- Early pregnancy complications (under 12 weeks)
- Eye, nose, ear complaints
- Fractures
- Minor burns
- Minor head injuries (under age 65)
- Minor injuries
- Minor sprains and strains
- Skin rashes
- Sore throat
- Urinary tract infection

You may need to sit in a chair and/or wheelchair for a prolonged period of time while waiting to see a nurse or doctor. If you are not able to sit, please proceed to the closest hospital Emergency Department.

When to go to an Emergency Department

More serious conditions for emergency care

- Abdominal pain (over age 60)
- Severe allergies and anaphylaxis
- Chest pain or pressure
- Dizziness
- Fever under age 3 months
- Numbness, weakness
- Pregnancy complications (more than 12 weeks)
- Severe bleeding
- Severe headaches
- Shortness of breath
- Trauma
- Unconsciousness
- Change in or serious mental health conditions, psychosis, or thoughts of harm to self or others
- Vision loss

Patients with these conditions should call 9-1-1 or go to the closest hospital Emergency Department.

Patients requiring emergency medical assistance should call 9-1-1 or visit the closest hospital Emergency Department.



Trillium
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