

I'm sick or hurt...

WHERE DO I GO?

**NEED CARE,
BUT SAFE
TO WAIT?**

Call Your Family Doctor or Nurse Practitioner First

- Your primary care provider knows you the best
- If you don't have a doctor/NP, walk-in clinics are open
- Visit pathwaysbcvirtualcare.ca for more info

**NEED
CARE
TODAY?**

- **Call your doctor/NP** for a same day appointment
- **Call 811** for health advice 24/7 if doctor not available
- **Ladysmith and Chemainus Urgent Care Centres** are open daily, 7:30am–10:30pm (lab/x-ray available onsite)
- **EXAMPLES:** broken bones, asthma attacks, allergic reactions, cuts & burns

**DON'T
FEEL SAFE
TO WAIT?**

Call 911 or Go To Emergency

- If you've been in a major accident or have a life-threatening situation
- **EXAMPLES:** Trouble breathing, chest pain/pressure, severe pain, heavy bleeding, signs of stroke - face droop, arm/leg weakness & difficulty speaking