

WHERE TO GO IF YOU FEEL UNWELL.



i This cold and flu season, please wash your hands regularly, get your flu shot and wear a mask in public if you feel ill.

Family Doctor



If you or a family member are unwell, please call your **family doctor**. If you do not have a doctor or your doctor is unavailable, please try one of the options below.

Pharmacy



Many symptoms can be controlled with over-the-counter medications. Your **pharmacist** can now offer prescriptions for:

- Acne
- Acid reflux
- Canker sores
- Cold sores
- Dermatitis
- Diaper Rash
- Hay fever
- Hemorrhoids
- Impetigo
- Insect bites and hives
- Menstrual cramps
- Nausea and vomiting in pregnancy
- Oral thrush
- Parasitic Worms
- Pink eye
- Sprains and strains
- Tick bites
- Urinary tract infections
- Yeast infections

Pharmacists are also able to renew prescriptions for most medications, such as blood pressure, diabetes and asthma medications.

Health811



Health811 is a free, secure and confidential service Ontarians can access 24 hours a day, seven days a week to receive health advice from a **registered nurse** by calling **811** (TTY: 1-866-797-0007), chatting online or navigating to **Ontario.ca/health811**.

Walk-In Clinics



5th Ave Walk-In Clinic
50 Rolling Hills Dr.,
Unit 5,
Orangeville
519-942-0040

Central Bolton Walk-In Clinic
15 Allan Dr.,
Unit 9,
Bolton
905-951-1234

Dayspring Medical Centre
56 Queen St. N,
Bolton
905-857-9797

Orangeville Urgent Care Family Practice
33a Broadway Ave.,
Orangeville
519-938-9997

Bolton Walk-In Clinic
170 McEwan Dr. E.,
Unit 105,
Bolton
905-857-3260

Chafford-200 Medical Center
195 Broadway Ave.,
Orangeville
519-940-0333

Headwaters Walk-In Clinic
170 Lakeview Ct., Unit 2,
Orangeville
519-307-1201

Pharmasave Walk-In Clinic
18371 Hurontario St.,
Unit 5,
Caledon Village
519-927-5550

Dufferin/Caledon Community Help Line



The Dufferin/Caledon Community Help Line is a free service that residents can access by calling **1-844-806-3093** Monday to Friday, from 8 a.m. to 8 p.m., to help navigate local health and social care resources.

Mental health or crisis services



For persons 18 years or older, please call the 24/7 Crisis Support Peel Dufferin at 905-278-9036 or 1-888-811-2222.

For persons under the age of 18 please call Dufferin Child and Family Services at 519-941-1530 for 24/7 support.

Central Ontario Regional Virtual Urgent Care Portal



A virtual appointment with a nurse practitioner may be right for you if:

- Your medical condition/injury is non-life-threatening
- You are unable to get a timely appointment with your family doctor/you do not have a family doctor
- You have a valid OHIP card
- You are six months of age or older

Online booking only:
<https://regional-virtual-urgent-care.ca>

Urgent Care Centre - William Osler Health System



Peel Memorial, 20 Lynch St., Brampton
Open 24/7, no appointment necessary.

For immediate but non-life-threatening illnesses or injuries including:

- Sprains, strains or broken bones
- Asthma attacks, minor burns, cuts
- Fevers (in infants older than three months), coughs, colds and nose/throat complaints

Emergency Department - Headwaters Health Care Centre



100 Rolling Hills Dr., Orangeville
Open 24 hours a day, every day.

For immediate life-threatening conditions or injuries such as:

- Chest pain or abdominal pain
- Shortness of breath
- Internal bleeding
- Numbness or weakness in arms or hands
- Major trauma
- Sexual assault
- Mental health concerns
- Fevers (in infants less than three months old)
- Seizures or stroke symptoms
- Pregnancy-related emergencies

CALL 911 for immediate life-threatening conditions or injuries.

