WINTER 2023

WHERE TO GO **IF YOU FEEL** UNWELL

Family Doctor

options below.

Pharmacy

Acne

· Acid reflux

Cold sores

Dermatitis

Hay fever

Impetigo

• Diaper Rash

Hemorrhoids

Canker sores



your hands regularly, get your flu shot and wear a mask in public if you feel ill.

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



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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-lifethreatening

• 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:

Mental health

Fevers (in infants less

Seizures or stroke

Pregnancy-related

than three months old)

concerns

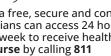
symptoms

emergencies

- Chest pain or abdominal pain
- Shortness of breath
- Internal bleeding
- Numbness or
- weakness in arms or hands
 - Major trauma Sexual assault

CALL 911 for immediate life-threatening conditions or injuries.





(TTY: 1-866-797-0007), chatting online or

Walk-In Clinics

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

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 Walk-In Clinic Family Practice 33a Broadway Ave., Orangeville 519-938-9997

HEADWATERS

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 18371 Hurontario St., Unit 5, Caledon Village 519-927-5550

To learn about the health care options in our community, visit headwatershealth.ca/WhereToGo ಷ್ಟೇಶ

Hills of Headwaters Collaborative Ontario Health Team is supported by funding from the Government of Ontario.

Sprains and strains Tick bites Urinary tract

• Pink eye

infections

pregnancy

Oral thrush

Parasitic Worms

Yeast infections

· Nausea and vomiting in

 Insect bites and hives Menstrual cramps

offer prescriptions for:

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

If you or a family member are unwell, please call

Many symptoms can be controlled with over-the-

counter medications. Your pharmacist can now

your family doctor. If you do not have a doctor or your doctor is unavailable, please try one of the

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

navigating to Ontario.ca/health811.

Central Bolton