

# Where To Go For Medical Help



## Family Doctor or Walk-In Clinic:

Visit for non-life-threatening situations.  
Examples: flu, coughs, colds, minor injuries, and more long standing medical problems

## Urgent Care Centre:

More extensive care but non-life-threatening.  
Examples: eye injuries, wounds, broken limbs, X-rays, and lab tests.

## Hospital Emergency Room:

Life threatening medical emergency.  
Examples of an emergency are: signs of stroke or heart attack, severe bleeding, poisoning, unconsciousness, mental health issues, major broken bones, or extreme pain (e.g. kidney stones).

 911:

Call 911 for a medical emergency or when you need first responders to come to you.

**FIRST RESPONDERS**  
are the Police,  
Fire, or Paramedics  
(the Ambulance).



### Remember:

**Going to the emergency room when it's NOT an emergency increases wait times for everyone.**