


# WHERE TO GO IF YOU FEEL UNWELL.



 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](https://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.

