

This holiday season

Health concern?

Call your family doctor or care provider first

Same-day urgent appointments are often available

Trusted health advice?

Call 8-1-1, HealthLinkBC, available 24/7

Urgent medication refill?

Speak with your pharmacist

They can often provide short-term refills and other advice

Check medimap.ca for walk-in clinic and UPCC wait times and hours

Family doctor not available?

If urgent, same-day care is needed, visit an Urgent and Primary Care Centre (UPCC). For info: www.vch.ca/UPCC

Critical or life threatening condition?

Call 911 or go to the nearest emergency room

Request that a copy of your medical reports be sent to your family doctor. To check average ED wait times for your nearest hospital, please visit: www.edwaittimes.ca

Choose the right care at the right place

www.vch.ca/holidaycare