FIND THE RIGHT MEDICAL CARE

Personalized care
Your family doctor or nurse practitioner knows your health needs best. Call their office for hours and instructions. If you don’t have one, register at HealthLinkBC.ca.

General health questions
Call 8-1-1 to speak with a nurse any time.

Pharmacy
For prescription refills and minor issues, visit SeeYourPharmacist.ca. B.C. pharmacists treat select minor issues like allergies, cold sores, acne, pink eye and UTIs.

Mental health and substance use
Visit vch.ca/MentalHealth.

Non-life-threatening health issues
Visit an urgent and primary care centre. Find a location at vch.ca/UPCC.

Emergencies
Call 9-1-1 or go to the Emergency Department. Check wait times at EDWaitTimes.ca.

Vaccinations
Book flu or COVID-19 shots at GetVaccinated.gov.bc.ca or 1-833-838-2323.

PUT YOUR HEALTH FIRST THIS WINTER

Keep yourself healthy, avoid getting sick or injured and know where to seek care when you need it.

Services vary by town or region.
Visit vch.ca/WinterCare or scan the QR code for a complete list of services in your area.

Your health and well-being matter most.
We are ready to take care of you and keep you healthy.
WINTER WELLNESS
Be proactive this winter to safeguard against injury and illness and seek care in the right place when you need it. Follow our practical advice to manage your health and wellness effectively during the colder months.

PREVENTING SLIPS AND FALLS
- Beware of icy conditions.
- Walk safely by planning routes, choosing cleared pathways, opting for non-slip footwear and considering the use of canes or walking aids.
- Seniors, remember many falls can be prevented. Stay active and adhere to health guidelines to maintain your strength.

STAYING ACTIVE AND PLAYING SAFE
- Embrace recreational activities for their health benefits.
- Wear appropriate protective gear, such as helmets, and consider taking lessons for proper instruction.
- Learn about injuries, risk factors and safety measures at ActiveSafe.ca.

ENSURING ROAD SAFETY DURING WINTER CONDITIONS
- Equip your vehicle with winter tires and an emergency kit.
- Budget extra time for travel and be mindful of weather conditions.
- Remain vigilant to avoid driver fatigue.

KEEPING UP WITH VACCINATIONS
- Flu vaccines are recommended for everyone six months and older.
- Up-to-date COVID-19 vaccinations and booster doses are essential.
- Stay informed about vaccine recommendations at GetVaccinated.gov.bc.ca.

PRACTISING GOOD RESPIRATORY HYGIENE
- Consider masks for indoor settings and shield coughs/sneezes using your elbow.
- Regularly clean your hands and avoid face-touching.
- If feeling unwell, stay home and limit contact, especially with vulnerable individuals.