

APPOINTMENTS AVAILABLE WITH REGISTERED NURSES

Registered nurse appointments can be booked for the following:

- Cervical Cancer Screening (paps)
- Suture removal
- Wound Care
- Wart Treatment
- Ear Syringing
- Routine blood pressure checks
- Vaccines such as tetanus, shingles and flu shots
- Uncomplicated Urinary Tract Infections (UTIs)
- Sexually Transmitted Infection (STI) care including prevention, vaccination, testing, treatment and support
- Pregnancy testing & supported decision-making for unexpected pregnancies
- Administration of prescribed injections including allergy shots, B12, testosterone
- Chronic disease & lifestyle management education
- Harm reduction supplies and education



OTHER RESOURCES

Appointments can also be booked in advance with our Social Workers and Mental Health and Substance Use Workers



LOOKING FOR A FAMILY DOCTOR OR NURSE PRACTITIONER?

GO TO:

HealthLinkBC.ca/ health-connect-registry

And register yourself, your family or others under your care.

When a provider becomes available, you will be contacted.

Telephone assistance is available by calling 811 or for deaf and hard of hearing call 711

FIRST NATIONS VIRTUAL DOCTOR OF THE DAY

Call 1-855-344-3800 to book an appointment by video or phone



First Nations Health Authority

toll free 7 days/week
8:30am-4:30pm



CENTRE-NORTH ISLAND URGENT & PRIMARY CARE CENTRES

To reach the Primary Care Access Line please call **1-833-688-8722**

Comox Valley UPCC

Press 2 for the region

Press 1 to reach the clinic

615 10th Street, Courtenay

Please call at 1:00pm on weekdays and 8:00am on weekends to register for a same day appointment. Press option 1

Campbell River Primary Care Access Centre

Press 2 for the region

Press 2 to reach the clinic

381 2nd Avenue, Campbell River

Please call at 8:00am Monday to Friday to register for a same day appointment. Press option 1

Central Nanaimo UPCC

Press 3 for the region

Press 1 to reach the clinic

3260 Norwell Drive, Nanaimo

Please call at 8:00am to register for a same day appointment. Press option 1

Cowichan UPCC

Press 3 for the region

Press 2 to reach the clinic

940 Government Street, Duncan

Please call at 8:00am to register for a same day appointment. Press option 1

VIRTUAL CARE OPTIONS

- **PHARMACY APPOINTMENT**
Book an appointment to see a pharmacist
bookapharmacist.gov.bc.ca
- **AVEE HEALTH**
avee.health
- **TELUS HEALTH MYCARE APP**
telus.com/en/health/my-care
1-855-577-8838
- **DR. REFILL**
drrefill.ca
1-877-573-3455
- **ROCKET DOCTOR**
rocketdoctor.ca
- **TIA HEALTH**
tiahealth.ca
- **GET CHECKED ONLINE**
getcheckedonline.com



MENTAL HEALTH SUPPORT

Suicide Crisis Helpline
Call or Text **988**

Kuu-Us Crisis Line Society provides crisis services for Indigenous people across BC 1-800-588-8717

Vancouver Island Crisis Line
Call 1-888-494-3888
Text 250-800-3806
(text line available 6-10pm daily)

PHARMACIST PRESCRIBING

As of June 1, 2023 pharmacists in B.C. can now assess and prescribe for contraception needs and other minor ailments including:

- Acne
- Allergies (allergic rhinitis)
- Cold sores
- Fungal infections
- Heartburn (acid reflux)
- Headaches
- Hemorrhoids
- Impetigo
- Indigestion (upset stomach)
- Itching (including bug bites)
- menstrual pain
- Nicotine dependence
- Oral fungal infections (thrush)
- Oral ulcers (canker sores)
- Pink eye (conjunctivitis)
- Shingles
- Sore joints / muscles
- Skin rash (dermatitis)
- Threadworms or pinworms
- Uncomplicated urinary tract infection
- Vaginal candidiasis (yeast infection)



*A pharmacist may only make a diagnosis or prescribe for one of these conditions if the patient's symptoms indicate that the condition:

- Presents as a low risk of masking an underlying disease, disorder or condition
- Can be readily diagnosed without the need for laboratory or imaging tests; and
- Can be reasonably expected to resolve with only short-term or episodic treatment

CHECK MEDIMAP

This website will show all local walk-in clinics with their availability and contact information online at www.medimap.ca

CALL 811

Speak with a health service navigator, who can connect you with a:

- Registered nurse 24/7 any day of the year
- Registered dietitian from 9am to 5pm, Monday to Friday
- Pharmacist from 5pm to 9am every day of the year

VISIT THE ER

If it is a medical emergency please go to your nearest hospital for care.

North Island Hospital Comox Valley
101 Lerwick Rd

North Island Hospital Campbell River and District
375 - 2nd Ave

Nanaimo Regional General Hospital
1200 Dufferin Crescent

Cowichan District Hospital
3045 Gibbins Rd

