

TSARTLIP HEALTH HOLIDAY CLOSURE

DECEMBER 19 – JANUARY 3



When to go to ER

The Emergency Room (ER) in hospitals can be very busy, especially during the holidays. Always go to the ER if you have been in a major accident or for potentially life-threatening symptoms like:

- Trouble breathing, or catching your breath
- Severe abdominal or chest pain/pressure
- Weakness or tingling on one side of your body
- Loss of consciousness
- Heavy bleeding

8-1-1 Nurse Line

Available 24/7 - just call 811 from your phone. Registered Nurses: Can help you with non-emergency health concerns, to discuss symptoms and procedures, and to recommend whether you should see a health care provider in person

Pharmacies

Pharmacists can issue emergency medication refills for MOST medications

Rexall Brentwood Bay
250-652-8813
Pharmasave Brentwood Bay
250-652-1235

If you feel cold/flu symptoms

Stay home until feeling better. Colds, flus, and COVID are going around. Be safe.

Talk to a Doctor

FNHA Doctor of the Day:

1-855-344-3800

7 Days a week, 8:30-4:30

You can book a phone appointment if you do not have computer access

TELUS Health:

- Formerly "Babylon Health"
- Access via and app on your smartphone
- Allows you book a virtual appointment with a doctor
- What they can treat: Flu's, medication for depression and anxiety, urinary tract infections, and more
- What they can provide: Prescriptions, lab work, specialist referrals

COVID and Flu Vaccines

<https://www.getvaccinated.gov.bc.ca/s/>

Or Call **1-833-838-2323**