

# 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](http://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](http://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](http://www.edwaittimes.ca)

## Choose the right care at the right place

[www.vch.ca/holidaycare](http://www.vch.ca/holidaycare)