

# Know your healthcare options



## AT NIAGARA HEALTH

For medical emergencies call 9-1-1 immediately or go to the **Emergency Department**.

Emergency Department teams treat patients for:

- Trouble breathing
- Chest pain or pressure
- Broken bones
- Complications of pregnancy
- Serious illness or injury
- Serious mental health issues

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If it's not an emergency but urgent, please go to a Niagara Health **Urgent Care Centre**.

Urgent Care Centre teams treat patients with minor injuries or illnesses such as:

- Nausea, vomiting
- Ear, nose, throat and eye problems
- Minor cuts that may need stitches
- Sprains, strains, sports injuries

## IN THE COMMUNITY

In non-emergency situations, **your first option** should be your **family doctor or nurse practitioner**. Other options include:



Walk-in **clinics**



Visit Healthcare Options at **Ontario.ca/HealthcareOptions**



Call **Telehealth 1-866-797-0000** for information and advice from a registered nurse anytime



**Call 211** for information about healthcare in Niagara



Please bring a list of **your medications** to all medical appointments.

Visit [NiagaraHealth.on.ca/Options](https://NiagaraHealth.on.ca/Options) for more information on Niagara Health and partners' services.

**niagarahealth**  
Extraordinary Caring. Every Person. Every Time