

**FOR CRITICAL OR LIFE-
THREATENING CONDITIONS
CALL 9-1-1 OR GO TO THE
NEAREST EMERGENCY ROOM:**

Royal Jubilee Hospital
1952 Bay Street

Victoria General Hospital
1 Hospital Way

Saanich Peninsula Hospital
2166 Mt Newton X Rd

Hospital emergency rooms are not the best places to go for common illnesses, prescription refills, or minor injuries.



**I don't have a family
doctor...**

What do I do now?

SOME SUGGESTIONS TO HELP YOU

Pick one walk-in clinic to be your primary source of care. A chart will be developed for you here.

Check www.medimap.ca to stay current with your walk-in clinic's hours and closures.

Your Medical Chart

- Your family doctor is required to ensure that your medical chart is securely stored for at least 16 years.
- If you choose to receive care from multiple walk-in clinics, request copies of your reports, bloodwork, etc. and keep those documents handy.

Prescriptions

- Try to synchronize your prescriptions so they all run out around the same time. This will decrease the number of times you will need to visit your walk-in clinic for renewals.
- For urgent medication refills, speak with your pharmacist. They may be able to provide an emergency refill of your prescription, including medications for chronic conditions.

Chronic Diseases, Annual Physicals and Baby Checkups

- For appointments that typically take longer, plan for multiple visits at the same walk-in clinic. Discuss with the walk-in clinic physician what the plan is for the next visit(s) so that you know what the intention is for next time.

Standing Orders for labs

- If you have a standing order with a family physician who is no longer practicing, visit your preferred walk-in clinic to get a new standing order requisition.
- Be sure to let your preferred laboratory know to cancel the old standing order.

ALTERNATE WAYS TO ACCESS CARE

General resources and guidance

- 811 or www.healthlinkbc.ca

Paps, STD Checks, and Sexual Health

- Island Sexual Health www.islandsexualhealth.org
- Vancouver Island Women's Clinic <https://www.viwc.ca/>

Mental Health, Substance Abuse, Addictions, Social Services

- Vancouver Island Crisis line <http://vicrisis.ca>
- Umbrella Society www.umbrellasociety.ca
- Victoria Cool Aid Society <http://coolaid.org>
- Bounce Back <https://cmha.bc.ca/programs-services/bounce-back/>
- FETCH <http://south-island.fetchbc.ca/>
- BC 211 <https://bc.211.ca/>

Youth (ages 12-24) can also access services through:

- Foundry <https://foundrybc.ca>

Influenza Vaccines

- Flu shots are provided at a variety of locations including public health clinics, pharmacies, and travel clinics.

Traveling

- Consult a Travel Health clinic as early as possible, and preferably at least six weeks before you travel.

For information on clinics that are accepting new patients:

- Pathways <https://pathwaysmedicalcare.ca/>
- Health Connect Registry <https://www.healthlinkbc.ca/health-connect-registry/status>
- Victoria Medical Society <http://victoriamedicalsociety.org>
- Medimap www.medimap.ca