

HEALTH CARE OPTIONS FOR WILDFIRE EVACUEES (QUESNEL)

If you have been displaced due to wildfire activity and evacuated to Quesnel, the following health care resources and supports are available to help you navigate this difficult time.

Prescriptions and Pharmacist support

B.C. residents can book an appointment to see a pharmacist for 21 minor ailments and prescription contraceptives. This service is free to every B.C. resident with a Personal Health Number (found on your BC Services Card), when provided in person, in a pharmacy.

There are two simple steps before booking:

- 1. Use the self-assessment checklist to check your symptom(s).
- If your symptoms match one of the minor ailments, or if you want to discuss contraception, use the provincial online booking system to make an appointment.

If you have been displaced by an evacuation, you can also visit a pharmacy near you to access an emergency supply of medications you may need. The College of Pharmacists of BC <u>Find a Pharmacy</u> tool can help you locate a pharmacy in the community where you are staying.



Primary care & walk-in clinics

Quesnel Urgent and Primary Care Centre

543 Front street

Same day appointments only Hours: Mon - Fri: 12 pm - 8 pm Weekends/holidays: 10 am - 2 pm

Phone: 250-991-7571

Access a family doctor or nurse practitioner 1-844-645-7811

Northern BC residents can contact the NH Virtual Primary and Community Care Clinic at 1-844-645-7811 to access a family doctor or nurse practitioner 10 am - 10 pm daily PST (including weekends and statutory holidays).

Visit: **northernhealth.ca/virtualclinic** or scan the QR code with your phone.



Access FNHA Doctor of the Day at 1-855-344-3800

The First Nations Virtual Doctor of the Day program enables Indigenous people and their family members living in BC with limited or no access to their own doctors to make virtual appointments. Contact the FNHA First Nations Virtual Doctor of the Day at 1-855-344-3800 to book a virtual doctor's appointment, seven days per week, 8:30 am - 4:30 pm PST.

Visit: fnha.ca/what-we-do/ehealth/ virtual-doctor-of-the-day or scan the QR code with your phone.



NOT SURE? CALL 8-1-1

Patients who aren't sure whether their condition would warrant an emergency room visit, or who need less urgent health advice can call HealthLink BC at 8-1-1, or visit HealthLinkBC.ca for non-emergency health information from nurses, dietitians, and pharmacists 24 hours a day, seven days per week.

Visit: healthlinkbc.ca/healthservices or scan the QR code with your phone.



EMERGENCY CALL 9-1-1

People in the community who need life-threatening emergency care (i.e. chest pains, difficulty breathing, or severe bleeding) should always call **9-1-1**. This is because our partners in patient transfer, as well as nearby NH facilities and services, are always notified of both planned and unexpected service interruptions, so we can ensure patients are transported to the nearest available and appropriate facility for their care needs.

GR Baker Memorial Hospital 543 Front Street







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Mental health supports are available:

310-Mental Health: Call **310-6789** (no area code needed) toll-free anywhere in BC to access emotional support, information and resources specific to mental health and substance use issues. Available 24 hours a day.

The Northern Health Virtual Primary and Community Care Clinic also provides support for mental health and substance use: (1-844-645-7811)

Community Health Services

523 Front Street 250-983-6828 Hours: Mon - Fri: 8 am - 4 pm 250-983-6828

Quesnel Specialized services

395 Elliot Street 250-992-5189

Hours: Mon - Fri: 8 am - 4 pm

Northern BC Crisis Line:1-888-562-1214 Visit: crisis-centre.ca or scan the QR to the right



Overdose prevention services are available in Quesnel:

Westside

395 Elliott Street Mon - Fri: 11 am - 6:45 pm

Coalition of Substance Users of the North (CSUN)

3-445 Anderson Drive Fri - Weds: 4 pm to 10

Harm reduction supplies and locations:

Toward the Heart - use this resource to find local harm reduction sites nearest you.

Visit: **towardtheheart.com/site-finder** or scan the QR code with your phone.



Community Health Services

523 Front Street Mon - Fri: 8 am - 8 pm Weekends/holidays: 8 am - 4 pm



