

# Use your **ER** wisely

Choose the right care at the right place.

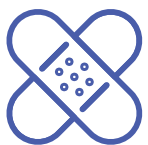
## Health concern?

Call your family doctor first.  
Same-day urgent appointments may be available.



## Family doctor not available?

Visit an **Urgent and Primary Care Centre** for same-day care for urgent, non-life-threatening injuries or illnesses.  
**Locations:** [fraserhealth.ca/urgentcare](https://fraserhealth.ca/urgentcare)



## Need trusted health advice?

Call our **Fraser Health Virtual Care** team at 1-800-314-0999 to speak with a registered nurse, 10 a.m. to 10 p.m. seven-days-a-week.



## Urgent medication refill?

Call or visit your pharmacist about prescription refills.



## Mental health concern?

Call our **Fraser Health Crisis Line** 24/7 at 1-877-820-7444.



## Critical or life-threatening condition?

Call 9-1-1 or visit your nearest emergency room for critical or life-threatening conditions.

