

You can now call
toll-free 1-866-267-5818
to hear about the availability of a doctor
in your emergency department this summer.

These schedules are also posted online at www.ierha.ca under
“Care in your hospital” and “Emergency department schedules”.

THIS SUMMER, WHAT DO YOU DO WHEN A DOCTOR IS NOT AVAILABLE IN YOUR EMERGENCY DEPARTMENT?

**1. Nurses are available in
emergency departments to
assess your condition and to
identify your care options.**

If you come to an emergency
department on suspended
service, come inside and speak
with a nurse.

**2. When an emergency
occurs, always call 911 or
your local 10 digit number.**

Paramedics will care for you and transport you to the care providers
you require. Visit www.ierha.ca, “Care in your community”, “Clinics
and frequently called numbers” for a listing of 10 digit numbers.



*We continue to recruit doctors to our region,
however, services in some emergency
departments may be temporarily
unavailable if a doctor is not onsite.*



**Interlake-Eastern
Regional Health Authority**

WHEN AN EMERGENCY OCCURS, ALWAYS CALL 911 OR YOUR LOCAL 10 DIGIT NUMBER

Only attend emergency departments for urgent care.
Otherwise, the following options are available to you:

| NEED HELP WITH... | HEALTH CARE SERVICES AVAILABLE AT: |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Questions?</p> | <p>Phone 1-888-315-9257, Health Links – Info Santé: Registered nurses are available to answer your non-urgent health care questions 24 hours a day. It doesn't hurt to ask.</p> |
| <p>Non-urgent minor ailments</p> | <p>Make an appointment with your regular health care provider. Visit www.ierha.ca for a list of walk-in clinics. Make an appointment at Selkirk QuickCare Clinic for same day or next day care by phoning 204-482-4399.</p> |
| <p>Accessing a health care provider</p> | <p>Phone Family Doctor Finder at 1-866-690-8260 to be connected with a regular health care provider. Our Mobile Clinic travels to Seymourville, Gypsumville, Grand Marais and Prawda. Phone 1-855-295-8296 or visit www.ierha.ca.</p> |
| <p>Prescription refills</p> | <p>Visit your local pharmacy for prescription refills and advice about your medications and non-prescription or over-the-counter medications.</p> |
| <p>Mental health or psycho-social crisis</p> <ul style="list-style-type: none"> • Stress, anxiety or suicidal thoughts • Mental health concerns about a family member • Mental health resource information | <p>24-hour crisis mental health support call toll-free 1-866-427-8628.</p> |
| <p>Guidance and support on topics such as:</p> <ul style="list-style-type: none"> • Prenatal & postpartum care, breastfeeding and infant nutrition • Healthy child development, routine immunizations • Sexual health counselling • Testing for sexually transmitted infections | <p>Make an appointment at your public health office or call 1-855-347-8500 for the number of the office closest to you.</p> |
| <p>Wellness or chronic disease prevention (diabetes, hypertension or heart disease)</p> | <p>Access wellness and chronic disease prevention health care providers, healthy eating, tobacco reduction, free classes and more by calling toll-free 1-877-979-WELL (9355).</p> |