The Emergency Department team works closely with Niagara EMS to care for patients.

Quest Community Health Centre provides community based care in St. Catharines.

Know your healthcare options

AT NIAGARA HEALTH

For medical emergencies call 9-1-1 immediately or go to the nearest Niagara Health **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

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

REVIEWED BY Patient Partners
Niagara Health Engagement Network

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** for more information on Niagara Health and partners' services.

niagarahealth
Extraordinary Caring. Every Person. Every Time.

The Niagara Ontario Health Team - Équipe Santé Ontario Niagara (NOHT-ESON), a partnership of local healthcare providers, are working together to help you better understand your healthcare options in Niagara. The NOHT-ESON is committed to delivering care that is integrated, innovative, improves health outcomes, and enhances the patient/client, family and caregiver experience.