

FIND THE RIGHT MEDICAL CARE

Personalized care

Your family doctor or nurse practitioner knows your health needs best. Call their office for hours and instructions. If you don't have one, register at [HealthLinkBC.ca](https://www.healthlinkbc.ca).

General health questions

Call 8-1-1 to speak with a nurse any time.

Pharmacy

For prescription refills and minor issues, visit [SeeYourPharmacist.ca](https://www.seeyourpharmacist.ca). B.C. pharmacists treat select minor issues like allergies, cold sores, acne, pink eye and UTIs.

Mental health and substance use

Visit [vch.ca/MentalHealth](https://www.vch.ca/MentalHealth).

Non-life-threatening health issues

Visit an urgent and primary care centre. Find a location at [vch.ca/UPCC](https://www.vch.ca/UPCC).

Emergencies

Call 9-1-1 or go to the Emergency Department. Check wait times at [EDWaitTimes.ca](https://www.edwaittimes.ca).

Vaccinations

Book flu or COVID-19 shots at [GetVaccinated.gov.bc.ca](https://www.getvaccinated.gov.bc.ca) or 1-833-838-2323.



Services vary by town or region.

Visit [vch.ca/WinterCare](https://www.vch.ca/WinterCare) or scan the QR code for a complete list of services in your area.

Vancouver
CoastalHealth

PUT YOUR HEALTH FIRST THIS WINTER

Keep yourself healthy,
avoid getting sick or injured
and know where to seek
care when you need it.

Your health and well-being matter most.

We are ready to take care of you
and keep you healthy.

Vancouver
CoastalHealth



Divisions of Family Practice

doctors
of bc
Better Together

LifeLabs

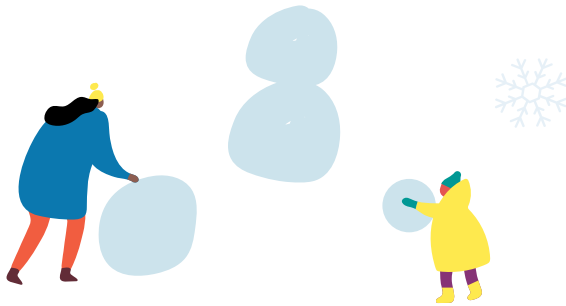
Providence
Health Care
Here you want to be. Instead.

[vch.ca/WinterCare](https://www.vch.ca/WinterCare)



WINTER WELLNESS

Be proactive this winter to safeguard against injury and illness and seek care in the right place when you need it. Follow our practical advice to manage your health and wellness effectively during the colder months.



PREVENTING SLIPS AND FALLS

- Beware of icy conditions.
- Walk safely by planning routes, choosing cleared pathways, opting for non-slip footwear and considering the use of canes or walking aids.
- Seniors, remember many falls can be prevented. Stay active and adhere to health guidelines to maintain your strength.



STAYING ACTIVE AND PLAYING SAFE

- Embrace recreational activities for their health benefits.
- Wear appropriate protective gear, such as helmets, and consider taking lessons for proper instruction.
- Learn about injuries, risk factors and safety measures at [ActiveSafe.ca](https://www.activesafe.ca).



ENSURING ROAD SAFETY DURING WINTER CONDITIONS

- Equip your vehicle with winter tires and an emergency kit.
- Budget extra time for travel and be mindful of weather conditions.
- Remain vigilant to avoid driver fatigue.



KEEPING UP WITH VACCINATIONS

- Flu vaccines are recommended for everyone six months and older.
- Up-to-date COVID-19 vaccinations and booster doses are essential.
- Stay informed about vaccine recommendations at [GetVaccinated.gov.bc.ca](https://www.getvaccinated.gov.bc.ca).



PRACTISING GOOD RESPIRATORY HYGIENE

- Consider masks for indoor settings and shield coughs/sneezes using your elbow.
- Regularly clean your hands and avoid face-touching.
- If feeling unwell, stay home and limit contact, especially with vulnerable individuals.

