

# the WEOHT

## Guide to the Cold, Cold & Flu Season



Not feeling well? The WEOHT has put together a list of health care options for you.



### Visit your Primary Care Provider (PCP)

Contact your Family Doctor or Nurse Practitioner to schedule an appointment if you are feeling ill and unable to manage your symptoms.

If you are not an active patient with a Primary Care Provider, visit Essex County Medical Society's list of Doctor's accepting new patients at [ecms.org](http://ecms.org) or call Health811 (TTY: 1-866-797-0007)

If you do not have a Primary Care Provider or do not have access to your PCP:



### Call Health811

Connect with a Registered Nurse for free, secure and confidential health advice by dialing 8-1-1 (TTY: 1-866-797-0007) or chat online at [health811.ontario.ca](http://health811.ontario.ca)

### Walk-in Clinics & Urgent Care

Visit your nearest clinic to get health assessments & treatment for non-life threatening illnesses or injuries. No appointment necessary.



### Urgent Care Ontario

Online urgent care is available for residents in Southwestern Ontario and covered by OHIP. Connect with a Nurse Practitioner through secure video chat at [www.urgentcareontario.ca](http://www.urgentcareontario.ca)

### Mobile Medical Support

MMS provides health assessments, follow-up care and referrals for high priority communities across Windsor-Essex. Visit [www.weoht.ca](http://www.weoht.ca) to find where the clinic will be located.



### Talk to a Pharmacist

Pharmacists can now prescribe for common ailments and provide vaccinations for the flu (influenza) and COVID-19. Services vary by location. Call or visit your preferred pharmacy to see what services they provide.

**In an EMERGENCY dial 9-1-1 or head to the nearest emergency room.**