

WHERE

TO

GO

WHERE TO GO FOR CARE IN DUFFERIN/CALEDON

Family Doctor

If you or a family member are unwell, please call your **family doctor**. If you do not have a doctor or your doctor is unavailable, please try one of the options below.

Pharmacy

Many symptoms can be controlled with over-the-counter drugs. Your **pharmacist** can now offer prescriptions for:

- Acne
- Acid reflux
- Canker sores
- Cold sores
- Dermatitis
- Diaper Rash
- Hay fever
- Hemorrhoids
- Impetigo
- Insect bites and hives
- Nausea and vomiting in pregnancy
- Oral thrush
- Parasitic Worms
- Pink eye
- Sprains and strains
- Tick bites
- Urinary tract infections
- Yeast infection
- Menstrual cramps

Pharmacists are also able to renew prescriptions for most medications, such as blood pressure, diabetes and asthma medications.

Walk-In Clinics

**5th Ave
Walk-In Clinic**
50 Rolling Hills
Dr., Unit 5
Orangeville
519-942-0040

**Bolton
Walk-In Clinic**
170 McEwan Dr.
E., Unit 105
Bolton
905-857-3260

**Orangeville
Urgent Care
Family Practice**
33a Broadway
Ave., Orangeville
519-938-9997

**Shelburne Town
Medical Clinic**
110 Centennial
Rd., Shelburne
519-964-8981

**Chafford-200
Medical Center**
195 Broadway
Ave., Orangeville
519-940-0333

**Pharmasave
Walk-In Clinic**
18371 Hurontario
St., Unit 5
Caledon Village
519-927-5550

**Rolling Hills
Medical Centre**
50 Rolling Hills
Dr., Unit 5
Orangeville
519-307-0075

**Headwaters
Walk-In Clinic**
170 Lakeview Ct.
Unit 2
Orangeville
519-307-1207

**Alder Square
Walk-In Clinic**
500 Alder St.,
Orangeville
519-941-4515

**Central Bolton
Walk-In Clinic**
15 Allan Dr.,
Unit 9, Bolton
905-951-1234

**Monora Park
Medical Clinic**
301 Monora
Park Dr., Mono
226-259-1555

**Dayspring
Medical Centre**
56 Queen St. N.,
Bolton
905-857-9797

**Lifeline Clinic
Walk-In Clinic**
310 Broadway
Orangeville
519-733-5862

Central Ontario Regional Urgent Virtual Care Portal

A virtual appointment with a nurse practitioner may be right for you if:

- Your medical condition/injury is non-life-threatening
- You are unable to get a timely appointment with your family doctor/or you do not have a family doctor.
- You have a valid OHIP card
- You are six months of age or older

Online booking only:
<https://regional-virtual-urgent-care.ca/>

Health811

Health811 is a free, secure and confidential service Ontarians can access 24 hours a day, seven days a week to receive health advice from a registered nurse by calling 811 (TTY: 1-866-797-0007), chatting online or navigating to Ontario.ca/health811.

Mental Health/Crisis Services

For persons 18 years or older, please call CMHA Peel Dufferin 24/7 Crisis Support at 905-278-9036 or 1-888-811-2222.

For persons under the age of 18, please call Dufferin Child and Family Services at 519-941-1530 for 24/7 support.

Emergency Department - Headwaters Health Care Centre

100 Rolling Hills Dr., Orangeville
Open 24 hours a day, every day.

For immediate life-threatening conditions or injuries such as:

- Chest pain or abdominal pain
- Shortness of breath
- Internal bleeding
- Numbness or weakness in arms or hands
- Major trauma
- Sexual assault
- Mental health concerns
- Fevers (in infants less than three months old)
- Pregnancy-related emergencies
- Seizures or stroke symptoms

CALL 911 for immediate, life-threatening conditions or injuries.