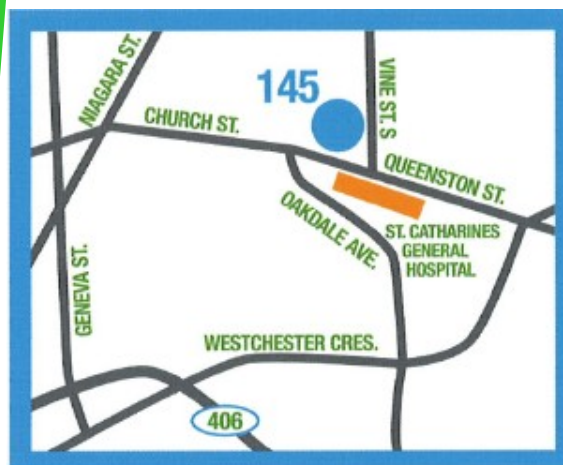


## **AFTER HOURS WALK-IN CLINICS IN ST. CATHARINES (Call for hours)**

- Pelham Rd Walk-in Clinic  
245 Pelham Road , Suite 202  
(905) 988-1933
- Minor Emerg Walk in Clinic  
9 Court St  
(905) 682-5411
- Glenridge Walk-in Clinic  
209 Glenridge Ave  
(289) 362-5333
- Urgent Care/Access MD  
532 Lake Street  
(905) 646-0015
- Grantham Medical Clinic  
400 Scott Street  
(905) 937-0000



145 Queenston Street,  
Suite 100  
St. Catharines, ON  
L2R 2Z9

Phone: 905-688-2558

Fax: 905-688-4678

[www.questchc.ca](http://www.questchc.ca)



## **Same-Day Appointment Service**

For clients of  
Quest Community  
Health Centre to  
see a Nurse

# WHEN TO USE THE SAME-DAY APPOINTMENT SERVICE

## Children over 3 months:

- Fever over 38.5°C or 102°F
- Fever that keeps coming back
- Any fever that lasts more than a day or two, especially with poor appetite, vomiting, diarrhea, lack of playfulness

## Anyone:

- Any new and bothersome symptom such as ear pain, pain when urinating, headache, rash, etc.

\*If you are feeling suicidal or you are having a mental health crisis, please call the COAST Crisis Line at

1-866-550-5205

# SAME-DAY APPOINTMENT HOURS

Mondays to Thursdays:

9:00 am —3:30 pm

Fridays: 9:00 am—11:30 am

Same-day appointments are available on a first-come-first-served basis.

Therefore, you may need to wait to be seen.

## **IMPORTANT**

Unfortunately we cannot accommodate the following during a same day appointment (“walk-in”) :

- Routine medication renewals
- Completion of paperwork or forms



# WHEN TO GO TO EMERGENCY (ER)

*If you have any doubts call 911 or  
Telehealth Ontario at 1-866-797-0000*

## Children:

- A child under 3 months old with a fever
- Unusually sleepy or difficult to wake up
- Choking or difficulty breathing
- Diarrhea and/or vomiting, no tears, dry mouth and few to no wet diapers
- A rash that does not go white even when you push on it

## All Others:

- Severe pain or tightness in the chest
- Shortness of breath or choking
- Severe abdominal or back pain
- Motor vehicle accidents
- If you think you have broken a bone or have a wound that needs stitches
- Head injury, sudden severe headache, vision problems, sudden weakness, trouble speaking, dizziness, numbness and/or tingling in the face, arms or legs

\*\* If you go to emergency, please ask for your discharge summary to be sent to Quest.