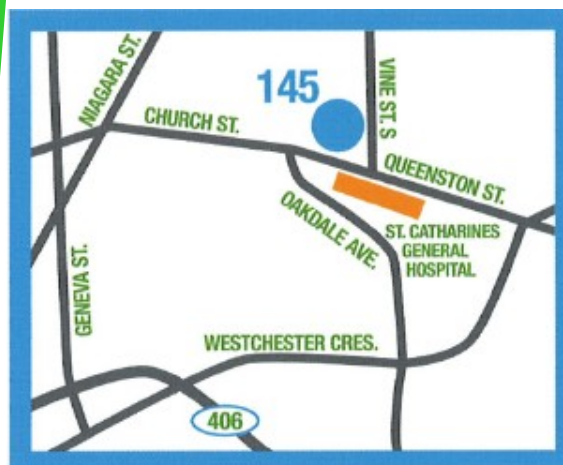


AFTER HOURS WALK-IN CLINICS IN ST. CATHARINES (Call for hours)

- 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



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.**