



**Please visit an Emergency Department in person for any of the following:**

- Possible broken bones/ fractures (i.e. bones or joints look different, cannot put weight on injury)
- Chest pains and/or racing heartbeat
- Breathing problems
- Skin abscess
- Vomiting or inability to drink fluids
- Fever/severe pain not improved by acetaminophen/ibuprofen (i.e. Tylenol/Advil)
- Neck stiffness or severe headache
- New confusion or memory problems
- New or worsening seizures
- Pregnancy and labor problems
- Mental health crisis
- Request for CT or MRI
- Serious injury (bleeding that won't stop, deep cuts, head injury)
- Difficulty speaking or swallowing
- Loss or change in vision
- Inability to walk
- Numbness or weakness of the face or body

**Please contact your family doctor for all other health issues that are not urgent.**

**Please contact your regular prescriber for opioid pain medicine, benzodiazepine, methadone, suboxone, cannabis or stimulant prescriptions or renewals.**