

# KNOW WHERE TO GO FOR NON-EMERGENCY CARE

## URGENT AND PRIMARY CARE CENTRE (UPCC)

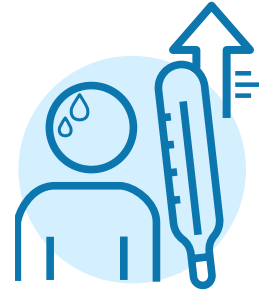
Your family doctor or nurse practitioner knows your health-care needs the best, but if you can't see them, visit a UPCC for same-day, urgent care for non-life-threatening health concerns.



Sprains and strains



Cuts, wounds or skin conditions



High fever



Nausea, diarrhea and constipation



New or worsening pain



Mental health concerns such as low mood, anxiety or depression

### Before you visit:

- Check hours of operations at [vch.ca/UPCC](https://vch.ca/UPCC).
- Check approximate wait times at [EDWaitTimes.ca](https://EDWaitTimes.ca).
- Bring your BC Services card if you have one.

Some UPCC locations offer X-ray services.

Services at UPCCs are available in multiple languages.

Call 9-1-1 or go to the Emergency Department immediately for life-threatening health concerns.

### Additional health care resources:

- Call 8-1-1 to speak with a nurse any time or day.
- Visit [vch.ca/MentalHealth](https://vch.ca/MentalHealth) for mental health and substance use services.
- Visit [SeeYourPharmacist.ca](https://SeeYourPharmacist.ca) for prescription refills and treatment for contraceptives and minor ailments.