



# PRIMARY CARE

## Access To Care Options

(Fall 2024)

### Vaccinations (November 2024):

#### COHT Unattached Clinic Upcoming Vaccination Clinics (COVID-19 and Influenza):

- For patients without a comprehensive primary care provider
- November 7<sup>th</sup>: 8:30AM – 4:00PM
- November 11<sup>th</sup>: 8:30AM – 4:00PM
- November 14<sup>th</sup>: 8:30AM – 4:00PM

#### The Lighthouse Upcoming Vaccination Clinics (COVID-19, RSV, Influenza):

- For patients experiencing homelessness
- November 14<sup>th</sup>: 9:00AM – 1:00PM
- November 18<sup>th</sup>: 9:00AM – 1:00PM

#### Vaccination Opportunity for Homebound Patients

- Available October 28<sup>th</sup> – November 29<sup>th</sup>
- Patient must **not** currently be connected to CoS Community Paramedicine Program or Ontario Health atHome as both of these agencies provide home vaccinations
- [Form accessible here](#), select “CP Community Partner” and complete the form. This can be completed by any clinician in the Couchiching region
- Paper copies stating which vaccine and when will be left with the patient for communication
- Thank you to the County of Simcoe for this great additional resource during respiratory season

#### Local Pharmacy Availability

- Patients are encouraged to contact the pharmacy to confirm availability and booking procedure
- All locations below are in Orillia unless stated otherwise

Pharmacy	Address	Phone Number	Offering COVID-19 vaccine in fall?	Offering Flu vaccine in fall?
Ben's Memorial	210 Memorial Ave.	705-327-7776	NO	YES
Ben's Washago	3381 Muskoka St, Washago	705-689-5515	NO	YES
City Med Pharmacy	43 Colborne St. W	705-327-3300	YES	YES
Colborne Pharmacy	61 Colborne St. W	705-325-1115	NO	YES
Community Drug Mart	100 Colborne St. W	249-495-0797	NO	YES
Costco Pharmacy	625 University Ave.	705-418-1716	YES	YES
Downtown Dispensary	188 Mississaga St. E	705-325-4010	NO	NO

Drug Basics @ Food Basics	975 W Ridge Blvd.	705-325-3257	YES	YES
Fittons IDA	425 West Street N Unit 20-20B	705-325-2999	YES	YES
Mariposa Pharmacy	40 Colborne St. W	705-327-7077	NO	YES
Metro Pharmacy	70 Front St. N	705-323-9334	MAYBE	YES
Orillia Pharmacy	16 O'Brien St.	705-325-5555	NO	YES
Pharma Plus	58 Mississauga St. E	705-325-6261	YES	YES
Pharmasave	200 Memorial Ave. #1	705-259-8888	YES	YES
Walmart Pharmacy	175 Murphy Rd.	705-325-7452	YES	YES
Zehrs Pharmacy	289 Coldwater Rd. W	705-325-5196	YES	YES
Orillia Drugstore	1 Mississauga St. E	705-326-0001	NO	NO
Westmount SDM	149 Westmount Dr. N	705-326-7373	YES	YES
Front St. SDM	55 Front St. N	705-325-2377	YES	YES
Shoppers Simply PHM	119 Memorial Ave.	705-327-9029	YES	YES
Coldwater Pharmacy	45 River St.	705-686-3356	YES	YES
Laclie Pharmacy	400 Laclie St.	705-325-1111	NO	YES

## Access to Care Options:

### COHT Unattached Clinic

- The COHT Unattached Clinic provides access to interim primary care for individuals without a primary care provider in Couchiching
- Services:
  - Routine Assessment & Check-Ups for Unattached Patients
  - Diagnosing and Treating Illnesses and Injuries
  - Ordering Procedures and Diagnostics
  - Prescribing Medications
  - Referral to Specialist if required
  - Urgent same-day appointments can be available if needed
    - These appointments are not walk-ins, please call ahead
- Hours:
  - Monday – Thursday 8:30am – 4:00pm, Friday 8:30am – 3:00pm, closed weekends & statutory holidays
- Located at the Couchiching Family Health Team, 119 Memorial Ave., Suite 102

### Children's Clinic

- Paediatric appointments available with a Nurse Practitioner for those without a comprehensive primary care provider in Couchiching
- Eligibility:
  - Child has a medical condition or injury that does not require a hospital visit (non-life-threatening)
  - Child does not have a primary care provider in Couchiching
  - Child has a valid Health Card
  - Child is between the ages of six months to 18 years old
- Childhood vaccinations also available at this Clinic
- Hours currently vary, please direct patient to: [www.huronianplc.ca/hnplc-childrens-clinic/](http://www.huronianplc.ca/hnplc-childrens-clinic/)
- Located at 250 West St N, unit 6 (new County of Simcoe campus) or HNPLC, 3331 Line 4 North, Oro-Medonte

### Couchiching After Hours Clinics

- Available for patients depending on their primary care provider's affiliation
- Couchiching Family Health Organization After Hours Medical Clinic

- Located at 119 Memorial Avenue, Monday - Friday 5pm - 7:30pm, Saturday 10am - 12:30pm
- Orillia Family Health Organization After Hours Medical Clinic
  - Located at 210 Memorial Avenue, Monday - Thursday 5:30pm - 7:30pm, Saturday 10am - 12pm

### Central Region Virtual Urgent Care

- Virtual appointments available with a nurse practitioner
- Eligibility:
  - Medical condition/injury is non-life-threatening
  - Unable to get a timely appointment with your primary care provider/do not have a primary care provider
  - You have a valid health card
  - You are six months of age or older
- Online booking only: [Booking Portal | Oak Valley Health - Empower Health](#)
- Available daily 1pm - 9pm (weekends as well)

### Good Doctors

- Virtual Telemedicine clinic with a nurse or clinical assistant on site to support the appointment
- Located at 3242 Ramara Rd 47, Brechin, Monday - Friday, 9am - 5pm
- Please direct patients to call 705-302-5038 or visit [www.gooddoctors.ca](http://www.gooddoctors.ca)

### Local Pharmacies

- Pharmacists can now offer prescriptions for 19 minor ailments, including: Acne, Allergic rhinitis, Aphthous Ulcers (canker sores), Candidal stomatitis (oral thrush), Conjunctivitis (bacterial, allergic and viral), Dermatitis (atopic, eczema, allergic and contact), Diaper dermatitis, Dysmenorrhea, Gastroesophageal reflux disease (GERD), Hemorrhoids, Herpes labialis (cold sores), Impetigo, Insect bites and urticaria (hives), Tick bites, post-exposure prophylaxis to prevent Lyme disease, Musculoskeletal sprains and strains, Nausea and vomiting of pregnancy, Pinworms and threadworms, Urinary tract infections (uncomplicated), Vulvovaginal candidiasis (yeast infection)
- Please direct patients to contact their preferred pharmacy for further information

### The Lighthouse

- Variety of onsite services through community partnerships for people experiencing homelessness in Couchiching
- The Lighthouse Medical Clinic
  - Available for Registered Emergency Shelter & Community Program Participants who meet The Lighthouse criteria without a primary care provider
  - Available weekdays by appointment

## **Upcoming Opportunities for Primary Care:**

### Vaccination Opportunity for Homebound Patients

- Available October 28<sup>th</sup> - November 29<sup>th</sup>
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- [Form accessible here](#), select "CP Community Partner" and complete the form. This can be completed by any clinician in the Couchiching region

- Paper copies stating which vaccine and when will be left with the patient for communication
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#### Information session November 1: RSV, COVID-19 and influenza updates for Primary Care

- Ontario Health, in collaboration with the Office of the Chief Medical Officer of Health in Ontario, is hosting an information session for primary care to share RSV, COVID-19 and influenza updates for this respiratory illness season
- Friday November 1<sup>st</sup> from 12pm – 1pm
- Please use this [registration link](#) to register in advance. Details on the agenda and speakers are available on the registration webpage
- Following the presentation will be a Q&A session. Attendees can submit questions in advance through [Slido](#) until October 29, or live during the event through the Microsoft webinar Q&A function.

#### Information Session January 30: HPV Testing for Cervical Cancer Screening for **Couchiching Providers**

- Presented by Dr. Danusia Gzik, Primary Care Lead & Indigenous Cancer Lead, HRCP & Dr. Jennifer Tomas, Cervical Screening and Colposcopy Lead, HRCP
- Thursday January 30th from 12pm – 1pm
- Education session for Primary Care to review the roll out and implementation of HPV testing

#### Clinical Lead, Integrated Care (Ontario Health) Job Opportunity

- Ontario Health is seeking expressions of interest from practicing physicians in Ontario with extensive experience in integrated care initiatives for the position of Clinical Lead, Integrated Care
- Interested parties should forward their expression of interest and curriculum vitae, electronically, to [ontariohealthteams@ontariohealth.ca](mailto:ontariohealthteams@ontariohealth.ca) no later than 11:59 P.M. on November 3, 2024

#### Stroke Education Opportunities (October 28 is World Stroke Education Day!)

- National and Provincial educational sessions in attachment, regional below
- Delivering Practical Cognitive Rehabilitation: How and Why Project-Based Therapy Works!
  - October 26, 2024 9:00 – 4:00 p.m. at Cortellucci Vaughan Hospital, Vaughan
  - Register here: [Delivering Practical Cognitive Rehab: How & Why Project-Based Intervention Works](#)
- Stroke Team Workshop
  - November 19th, 2024 8:00 – 4:00 p.m. at 80 Bell Farm Road, Barrie, ON L4M 5K5
  - Register here: [Registration: Stroke Team Workshop - November 19th, 2024](#)
- Post-Stroke Fatigue Toolkit
  - The Central East Stroke Network is excited to announce the launch of the Post-Stroke Fatigue Toolkit to support healthcare providers, patients, and family members in identifying, screening, and managing fatigue following a stroke
  - Access here: [Post-stroke Fatigue Toolkit - Central East Stroke Network](#)

### **Weekly Respiratory Virus Update (SMDHU):**

- The [Weekly Respiratory Virus Update](#) is an interactive dashboard updated weekly to provide an overview of circulating respiratory viruses. Starting from Sept. 1, 2024, the dashboard provides a summary of the most recent week's influenza, COVID-19, and RSV activity, offering an overview of circulating respiratory viruses in Couchiching and, when available, in Ontario.
- Based on advice from the Chief Medical Officer of Health to advance a Test-to-Treat approach, COVID-19 test eligibility (inclusive of both rapid antigen tests and PCR testing) will

be updated to align with COVID-19 treatment eligibility. Effective immediately, publicly funded COVID-19 testing should only be available to:

- Ontarians eligible for COVID-19 treatment (i.e., symptomatic individuals who are immunocompromised, or 65 years of age or older, or those with high-risk medical conditions).
- People in high-risk and some congregate living settings (including long-term care homes) and other specific populations to support outbreak prevention and management.

## **Respiratory Season Messaging for Patients:**

- Avoid non-essential visits to friends and family in vulnerable settings like hospitals, long-term care or retirement homes if you are sick
- Getting vaccinated for influenza, COVID-19 and RSV (if eligible) as soon as it is available to you.
- Washing your hands often and regularly cleaning then disinfecting high-touch surfaces.
- Covering your mouth and nose when you cough or sneeze.
- Consider wearing a tight-fitting medical mask in indoor public settings, especially if you are at higher risk of severe infection.
- If sick, wear a mask in all public settings until 10 after your symptoms started (masks are not recommended for children younger than 2 years old).

**Patient facing pieces of this document are accessible on our website,**  
<https://coht.ca/projects/unwell/>