

WHERE TO GO IF YOU FEEL UNWELL



If you feel unwell, please call your primary care provider to schedule an appointment. If you do not have a primary care provider, please try one of the following options:

IN-PERSON CARE - ALL AGES

COHT Unattached Clinic - 705-329-3649 x 231

Age: 6 months+

Where: Couchiching Family Health Team, 119 Memorial Ave.

Hours: Mon - Thurs 8:30am - 4:00pm, Fri 8:30am - 3:00pm



Local Pharmacies - 19 Minor Ailments

Age: Age restriction based on treatment

Where: Local Pharmacies

Hours: Depending on location



IN-PERSON CARE - PAEDIATRICS

Children's Clinic - 705-835-7545

Age: 6 months - 18 years old

Where: 250 West St N., Unit 6

Hours: Currently vary. Scan the QR code!



VIRTUAL CARE - ALL AGES

Central Region Virtual Urgent Care Clinic

Age: 6 months+

Where: Virtual

Hours: 7 days a week, 1:00pm - 9:00pm



VACCINATIONS

Local Pharmacies

Age: Depending on location

Where: Visit our website for locations

Hours: Depending on location



OTHER HEALTH CARE NEEDS

Ontario  Health811

Health 811

Use the smart search tool to find doctors, nurse practitioners, specialists, or health services.



If this is a medical emergency, please go to your nearest emergency department, or call 9-1-1.

