

As my first email of 2024, I wanted to send you this quick reminder of where you can go if you or anyone you know is feeling sick.

**Save this email as there are a lot of important links to different options & resources.**

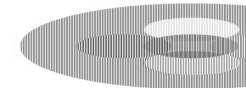
- call your primary care provider
- call your local pharmacist
- [register for a regional virtual urgent care clinic appointment](#) (or call 888-684-1999)
- [online chat with a nurse or health care navigator 24/7](#) (or call 811)

If you think you have COVID-19, click [here](#) to find out if you are eligible for testing.

And for more information about COVID-19 (including what the severe symptoms are & where you can get the vaccine), click [here](#).

**If you or your loved one are severely ill, call 911 or go to your nearest emergency department.**

I know that the wait times across the [four Lakeridge Health Emergency Departments](#) (ED) are higher than usual. Lakeridge Health has an [ED Wait Times Tracker](#) designed with patients in mind, to provide updated information on the estimated wait time to see a physician.



## Feeling sick?



## KNOW WHERE TO GO!

- Call your Primary Care provider first
  - If they are closed, listen to their message for hours of operation
  - For the regional virtual urgent care clinic visit <https://virtualcareontario.ca/register/>
- Get advice from a nurse 24/7
  - Call 811
  - Online chat at [health811.ontario.ca](https://health811.ontario.ca)
  - Find an urgent care near you
- Your local pharmacist may be able to help!
  - Call or visit your local pharmacy
- If you or your child are severely ill call 911 or go to your nearest emergency department

If you want to get in touch with me, just give the Foundation office a call at 905.683.2320 x11501 or drop us an email at [aphfoundation@lh.ca](mailto:aphfoundation@lh.ca).

Or "like" us on [Facebook](#) to check out even more about what we are up to!

Yours in Philanthropy,

Tracy L. Paterson

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