

# Tilbury District Family Health Team Care Directory



## Threat to Life or Limb

- Chest Pain
- Blacking out
- Choking
- Loss of consciousness

## EMERGENCY DEPARTMENT



## Symptoms that start suddenly and require urgent care

- Ear pain
- Throat pain
- Stomach Pain
- Rashes

## TILBURY DISTRICT FAMILY HEALTH TEAM URGENT CARE

519-682-2307 for appointment



## Non-urgent symptoms that do not resolve within 1-2 weeks with usual care

- Chronic conditions/ongoing issues
- Test results
- Routine visits
- Immunizations
- Forms to be completed

## TILBURY DISTRICT FAMILY HEALTH TEAM APPOINTMENT WITH FAMILY DOCTOR OR NURSE PRACTITIONER



## Minor symptoms of:

- Cough
- Runny nose
- Headache
- Diarrhea
- Nausea
- Heartburn/Acid reflux

## PHARMACY



- Unsure?
- Unwell?
- Need help or advice?

## TELEHEALTH ONTARIO

CALL 1-866-797-0000



- Hangover
- Minor cuts/scrapes
- Sunburn
- Minor muscle aches/pains
- Any other symptoms that are short lived that you feel you can treat at home

## SELF-CARE

**After Hours Service for TDFHT PATIENTS ONLY 1-866-553-7205**

Routine/urgent appointment booking at the TDFHT is for **patients** only

**Sign up for online appointment booking!**

Scan QR code or call our office

