

Protect yourself and others this cold and flu season. Wash your hands, get your flu shot and wear a mask in public if you feel unwell.

# Where to go if you feel unwell

Your local guide to virtual and in-person urgent and same-day care



## Primary Care Provider

If you or a family member are feeling unwell, please contact your primary care provider (family doctor or nurse practitioner) to schedule an appointment.

### After-Hours Clinics

The following After-Hours Clinics are only available to patients currently rostered with a local family physician who is part of the Barrie Family Health Organization (FHO). Patients should call their family physician's office first as they may be able to provide care sooner. For more information, please visit: [barriefho.ca](http://barriefho.ca)

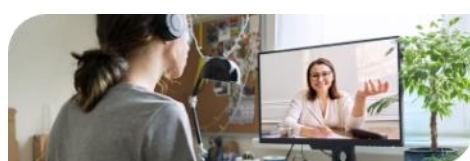
**Bell Farm After-Hours Clinic**  
125 Bell Farm Rd.  
Ste 101, Barrie

**Prince William Way After-Hours Clinic**  
829 Big Bay Point Rd.  
Unit D12, Barrie

**Tele-Clinic**  
Call: 705-722-1199

**Without a Primary Care Provider?** If you do not currently have a family physician or nurse practitioner, consider the options included in the sections below for same-day or urgent care.

**Health Care Connect** can help you find a family doctor or nurse practitioner accepting new patients in your area. Register online at [ontario.ca/findadoctor](http://ontario.ca/findadoctor), or call **1-800-445-1822** to speak with a representative.



## Virtual Care Options

Virtual care uses digital tools to help you connect with health care providers online or by phone, for convenient access to the best care when and where you need it.

### Virtual Urgent Care Clinic

The Central Region Virtual Urgent Care Clinic provides adult and pediatric patients with timely access to virtual care with a nurse practitioner for urgent non-life threatening conditions.

**Appointments required**, to book visit:  
[regional-virtual-urgent-care.ca](http://regional-virtual-urgent-care.ca)

### Health 811

Connect online with a registered nurse and find health care services close to home.

Service available 24/7

Call **8-1-1** or visit [health811.ontario.ca](http://health811.ontario.ca)



## Children's Clinic

The Barrie Community Health Centre's **Children's Clinic for Kids aged 0 - 5 Years** provides well-baby and well-child check-ups, immunizations, care for cough, cold, flu and other illnesses, breastfeeding support and more. Same day and next day appointments available. **For appointments, call 705-734-9690 ext. 261.**

**Located at 490 Huronia Road, Barrie.**



## Urgent Care and Walk-In Clinics

For injuries and illnesses that are not life-threatening. For hours of operation or more information on what each clinic provides, please contact the clinic directly via the phone number or website listed below.

**Big Bay Medical Walk-In Clinic**  
750 Big Bay Point Rd., Barrie

**Appointments required**, book here:  
[bigbaymedical.ca/appointment/](http://bigbaymedical.ca/appointment/)

**Huronia Urgent Care Clinic**  
480 Huronia Rd.  
#102, Barrie

[HuroniaUrgentCareClinic.ca](http://HuroniaUrgentCareClinic.ca)

**Mapleview Walk In Clinic**  
555 Mapleview Dr., Barrie  
**Phone:** 705-503-5900

**Queens Health Centre**  
238 Barrie St., Thornton

**Phone:** 705-250-9544  
[QueensHealthCentre.com](http://QueensHealthCentre.com)

**Wellington Walk-In Clinic**  
200 Wellington St. W.  
Unit 3, Barrie

**Phone:** 705-739-0127

**Blake St. Walk-In Clinic**  
301 Blake St., Unit 1, Barrie  
**Phone:** 705-995-1106

**Grove St. Walk-In Clinic**  
477 Grove St. E  
Unit 15, Barrie

**Phone:** 705-241-9583

**Angus Walk-In Clinic**  
18 King St., Angus

**Phone:** 705-424-5551



## Pharmacies

Pharmacists are able to prescribe certain treatment options, including for some of the most common medical ailments. Services may vary by location. Contact your local pharmacy to inquire about specific prescriptions and services available. For more info, visit: [ontario.ca/page/pharmacies](http://ontario.ca/page/pharmacies)



## Emergency Department

The **Emergency Department** (located at Royal Victoria Regional Health Centre, 201 Georgian Drive in Barrie) cares for patients whose health problems need immediate attention and cannot wait to be seen by a primary care provider throughout Barrie and surrounding area.

### RVH ED Minor Ailment Patient Pathway (MAPP)

Book a **same-day** or **next-day** arrival time to be assessed and treated for minor injuries to a limb (sprain, strain, or simple fracture etc.), minor symptoms of the flu, cold, or other respiratory illnesses such as RSV or COVID-19, minor symptoms of a potential urinary infection, or skin conditions such as a potential skin infection.

To pre-book your arrival time, visit [rvh.on.ca/emergency](http://rvh.on.ca/emergency)

For more information including clinic hours, requirements or restrictions, please use the QR code to visit our website

