

When to access each type of care

Knowing where to go will help you receive better health care, sooner.

EMERGENCY DEPARTMENT

If your issue is serious and life-threatening, go straight to the nearest hospital emergency department or call 911.

Emergency departments include:

- Health Sciences Centre
- St. Boniface General Hospital
- Grace Hospital

Call 911 or go to an emergency department for issues such as:

- Stroke/facial weakness/extremity weakness
- Heart attack/chest pain or tightness
- Unable to wake/unconsciousness
- Sudden onset of severe headache or confusion
- Seizure activity and/or severe head injury
- Major assault such as stabbings or shootings
- Severe difficulty breathing or trouble speaking
- Uncontrolled or severe bleeding
- Major trauma such as loss of limb
- Severe allergic reaction
- Severe burns

URGENT CARE

Urgent care centres are open 24 hours a day, seven days a week to address urgent but not life-threatening health concerns.

Urgent care centres can provide services not available in many doctors' offices, such as stitches and casts – but they are not equivalent to emergency departments.

Urgent care centres include:

- Victoria General Hospital
- Seven Oaks General Hospital
- Concordia Hospital

Visit an urgent care centre for things like:

- Illness or injuries that cannot wait for you to see your family doctor
- Fevers, flu symptoms, rashes or infections
- Dehydration
- Cuts that won't stop bleeding
- An injured limb that might be broken or sprained
- Any other urgent, but not life-threatening conditions

REGULAR HEALTH CARE NEEDS

First, contact [Klinik on Campus \(Wellness Services\)](#) at the University of Winnipeg. If you are unable to connect quickly with Klinik on Campus, call and access Dialogue. If you are unable to access the care you need through Dialogue, a list of nearby medical clinics can be found at medimap.ca.

Regular health care needs include:

- Minor illnesses, flu, rashes or infections
- Diagnosis and specialist referral
- Ongoing management of health conditions and preventative care
- Prescriptions, vaccinations and inoculations