

Cough, Cold & Flu Care Clinics

Skip the long ER wait for non-emergency care.

For people of all ages in Niagara. No family doctor? No problem.



CLINIC HOURS AT NIAGARA NORTH FAMILY HEALTH TEAM LOCATIONS

Mon. and Wed., 4:30-8:00 p.m.

101 Garrison Village Dr,
Niagara-on-the-Lake

Thurs., 4:30-8:00 p.m.

145 Carlton St, Unit 7,
St. Catharines

Fri., 4:30-8:00 p.m.

1338 Fourth Ave, Suite S100,
St. Catharines

APPOINTMENTS ONLY

Call 289-267-2879

Starting at 1:00 p.m. (clinic days)
First-come, first-served

HOLIDAY CLOSURES

Dec. 24-26 and Dec. 31-Jan. 2

**Dec. 8
to
Mar. 30**

HOW WE CAN HELP

The clinics can assess and treat sudden cough, cold and flu-related illnesses, such as:

- **New cough**
- **Sore throat**
- **Fever and chills**
- **Runny or stuffy nose**
- **Body aches**
- **Flu-like symptoms**

Nurse Practitioners can:

- **Check your symptoms**
- **Give self-care advice**
- **Prescribe treatment when needed**

If you are unsure if the clinics are right for you, ask when you call to book.

SCAN FOR
MORE INFO



The clinics are not for emergencies. If you have chest pain, trouble breathing, or feel very unwell, call 911 or go to the nearest emergency department.