

## 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.

Thursdays  
through  
May 2026

### CLINIC HOURS AT THE NIAGARA NORTH FAMILY HEALTH TEAM:

**Thursdays, 4:30-8:00 p.m.**

145 Carlton St, Unit 7,  
St. Catharines

### APPOINTMENTS ONLY

**Call 289-267-2879**

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

## HOW WE CAN HELP

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

- **New cough or sore throat**
- **Fever and chills**
- **Runny or stuffy nose**
- **Body aches and 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.