

Your Healthcare Options

Non-emergency medical care

Prescriptions for common ailments

Did you know pharmacists can prescribe certain medication to treat the following:

Acid Reflux

Acne

Canker sores

Dermatitis

(atopic, eczema, allergic & contact)

Diaper rash

Hay fever (allergic rhinitis)

Hemorrhoids

Impetigo

Insect bites and hives

Menstrual cramps (dysmenorrhea)

Nausea and vomiting in pregnancy

Oral thrush (candidal stomatitis)

Parasitic worms

(pinworms & threadworms)

Pink eye

(conjunctivitis; bacterial, allergic and viral)

Sprains and strains (musculoskeletal)

Tick bites

(post-exposure prophylaxis to prevent Lyme disease)

Urinary tract infections (UTIs)

Yeast infections

In Person Clinics

Pediatric Outpatient Clinic (POP)

PRHC, Level 6

Call: 705-740-8055

Appointment required

Phone lines open Monday-Friday at 8:00 a.m.

Same day appointments for unattached patients. Monday-Thursday, 1:00 p.m. to 6:15 p.m.

Friday, 1:00 p.m. to 4:00 p.m.

Newborn follow-up visits and vaccinations for patients without family practitioners may be available

Women's Healthcare Centre

PRHC, Level 4

Call: 705-743-4132

Appointment required

Monday to Friday, 8:00 a.m. to 4:30 p.m.

Providing unattached women with birth control and sexual planning, pap smears, unplanned pregnancy support, sexual assault and domestic violence services.

PFHT Health Clinic

by Peterborough Family Health Team

Call: 705-651-4866

Appointment required

Phone lines open weekdays at 8:30 a.m.

Provides problem-specific care to people without a family doctor or nurse practitioner.

**Dedicated child/youth appointments available (ages 0-17)*

www.peterboroughfht.com

Well Baby Clinic

by Peterborough Family Health Team

Call: 705-313-1603

Appointment required

Tuesday and Friday, 9:00 a.m. to 4:30 p.m.

Providing babies age two (2) to 18 months without a family doctor with routine check-up care.

Sexual Health Clinic at

Peterborough Public Health

Providing STI testing (routine & symptomatic), HPV testing, birth control ages 25 and younger and more.

Call: 704-748-2021

Immunizations at

Peterborough Public Health

Providing routine immunizations for all ages.

Call: 704-745-1000 x. 331

PRHC

Peterborough Regional
Health Centre

Virtual Clinics

Health811

A free, confidential service available by calling 811 or visiting:

healthconnectontario.health.gov.on.ca

You will speak with a registered nurse day or night, 24/7.

East Region Virtual Care Clinic

Nurse Practitioner-led virtual care clinic for urgent medical conditions and more timely care.

Call: 1-888-684-1999

www.virtualcareontario.ca

Enhanced Care Walk-In Clinics

Enhanced Care Clinic at Guardian Pharmacy

815 High Street, Unit 9, Peterborough

Call: 705-874-8080

Monday-Friday, 9:00 a.m. to 6:00 p.m.

Saturday, 10:00 a.m. to 3:00 p.m.

Virtual Clinic: Doctors will see you in-store via video chat. Visits are first come, first served.

Jack Nathan Health Medical Centre at Walmart

1002 Chemong Rd, Peterborough

Meet with a doctor virtually

Call: 705-408-1171

Monday-Friday, 9:00 a.m. to 5:00 p.m.

**Closed weekends and stat holidays*

Parkhill Pharmacy Telemedicine Walk-In Clinic

110 Chandler Crescent, Peterborough

Call: 705-876-0700

Monday-Friday, 9:00 a.m. to 6:00 p.m.

Saturday, 9:00 a.m. to 1:00 p.m.

Good Doctors

Providing virtual care

Two locations: Sherbrooke & Westmount

Call: 705-304-1034

Must book appointment online

Provides Drivers Medical Exam

Northcrest Pharmasave Medical Clinic

Virtual walk-in clinic with nurse present and doctor on screen.

Call: 705-743-1004

Call to book an appointment

www.pharmasave.com

Walk-In Clinic at The Medicine Shoppe

860 Chemong Rd, Peterborough

Meet with doctor virtually

Call: 705-743-8443

Monday-Friday, 9:00 a.m. to 3:30 p.m.

** Closed weekends and stat holidays*

Cancer Screening

Mammogram:

Ontario Breast Screening Program

Call: 705-740-8166

Cervical:

PRHC Women's Health Clinic

Call: 705-743-4132

Colon Cancer (FIT):

Call 8-1-1 to inquire about your local options

Pregnancy

Partners in Pregnancy Clinic (PIPC)

Call: 705-741-1191

Evolve Women's Health

Call: 705-743-4132

Local Midwives

Call: 8-1-1 to inquire about your local options

Mental Health

9-8-8

Talk NOW: 705-876-5826

CMHA HKPR: 705-748-6711

CCRC: 705-743-2272

One team, here when you need us most.

www.prhc.on.ca



Form #1849

PRHC

Peterborough Regional
Health Centre