

# 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**

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**Acne**

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**Canker sores**

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**Dermatitis**

(atopic, eczema, allergic & contact)

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**Diaper rash**

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**Hay fever** (allergic rhinitis)

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**Hemorrhoids**

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**Impetigo**

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**Insect bites and hives**

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**Menstrual cramps** (dysmenorrhea)

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**Nausea and vomiting in pregnancy**

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**Oral thrush** (candidal stomatitis)

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**Parasitic worms**

(pinworms & threadworms)

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**Pink eye**

(conjunctivitis; bacterial, allergic and viral)

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**Sprains and strains** (musculoskeletal)

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**Tick bites**

(post-exposure prophylaxis to prevent Lyme disease)

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**Urinary tract infections** (UTIs)

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**Yeast infections**

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### 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. Same/next day, in-person care.* 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 also available (ages 0-17)  
[www.peterboroughfht.com](http://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: 705-745-1000 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](http://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](http://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](http://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](http://www.prhc.on.ca)



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**PRHC**  
Peterborough Regional  
Health Centre