



Patient & Family Guide

2024

Mobile Primary Care Clinics

Bridgewater



www.nshealth.ca

Mobile Primary Care Clinics

These clinics are walk-in only. **We do not take appointments.**

You will be cared for by a team that includes nurse practitioners (NPs) and primary care doctors.

- We treat **non-urgent** health concerns, like:
 - › Prescription refills or renewals (except for controlled substances like opioids)
 - › Minor respiratory symptoms (like a cough, congestion, or other cold and flu symptoms)
 - › Urinary tract infection (UTI)
 - › Muscle pain
 - › Headache
 - › Earache
 - › Rash
 - › Vomiting (throwing up)
 - › Diarrhea (loose, watery poop)
 - › Fever (temperature above 38 °C or 100.4 °F)

We **do not** offer:

- › Lab requisitions (like for blood work)
- › Diagnostic imaging requisitions (like for an ultrasound or a CT scan)

These clinics do not offer emergency services. If it is an emergency, call 911 or go to the nearest Emergency Department right away.

This mobile clinic is not meant to replace your primary health care provider (family doctor or nurse practitioner). If you have a primary health care provider, please call their office first to ask for a same-day appointment.

This mobile clinic is meant to be used:

- › when you are not able to see your primary health care provider.
- › if you do not have a primary health care provider.

For mobile primary care clinic locations and schedules, visit:

- › www.nshealth.ca/mobileprimarycareclinics



When you arrive:

- Please have:
 - › Your provincial health (MSI) card
 - › A list of your medications
- We will ask you the reason for your visit. This is to make sure we can treat your health concern.
- If we can treat your health concern, we will screen you for acute viral respiratory (breathing) infection.
- You will then get an appointment time for the same day.

COVID-19

Testing

- If you have COVID-19 symptoms, book a test right away at:
 - › www.nshealth.ca/coronavirustesting
 - › Phone (toll-free): 1-833-797-7772



Medication

- To be considered for COVID-19 medication, **it is very important to be diagnosed early.**
- You may be eligible for COVID-19 medication if:
 - › your symptoms started within the last 5 to 7 days.
 - › you are at a high risk of severe (very bad) illness.
 - › COVID-19 medications may help you.

To find out if you are eligible for COVID-19 medication:

- Fill out the Report and Support form below when:
 - › you book a PCR test.
or
 - › you get a positive rapid test result.

Report and Support form:

- › www.nshealth.ca/reportandsupport



Other care options

VirtualCareNS

- › This service offers free access to a primary health care provider. It is **not** an emergency service.
- › To register for this service or to have a virtual (online) appointment, visit:
 - › www.yourhealthns.ca
 - or
 - › www.nshealth.ca/clinics-programs-and-services/virtual-care-ns



811

- You can call 811 to talk with a registered nurse about your health care concerns 24 hours a day, 7 days a week.
 - › Phone: 811

Provincial Mental Health and Addictions Crisis Line

- This service offers help for people experiencing a mental health crisis or mental distress 24 hours a day, 7 days a week.
 - › Phone (toll-free): 1-888-429-8167

For more information and local health care resources, visit:

- › www.yourhealthns.ca/services
- › www.nshealth.ca/documents-and-reports/where-go-health-care-lunenburg-and-queens-counties



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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