

Lindsay and Area Walk In and Virtual Care Clinics

(Valid as of December 2024)

Health Care Connect

Get on the provincial waitlist for a doctor.
Cannot be currently registered with a
primary care provider.

Call 1-800-445-1822 or use the QR Code



In Person Clinics

City of Kawartha Lakes Family Health Team – Unattached Urgent Care Clinic

**resident of City of Kawartha Lakes and do not currently have a Family Doctor or Nurse Practitioner.*

55 Angeline St. N. (Giant Tiger Plaza)
Must book appointment either online (Thursday after 6 p.m.) or Friday 8 a.m. - 9:30 a.m. by phone. **DO NOT** go to clinic in person to book appointment. Must have valid OHIP. Appointments are 9 a.m.- 2 p.m.
705-328-9853 ext. 296
cklfamilyhealthteam.com/urgent-care

After Hours Clinic, 55 Angeline St. N.

Walk In only
Monday - Friday 5:45 p.m. - 9 p.m. or until full
Saturday/Sunday 8:45 a.m. - 12 p.m. or until full

Peterborough Regional Paediatric Outpatient (POP) Clinic

Nurse Practitioner led clinic for children under the age of 18 without a family practitioner. Offers same-day booked appointment only from Monday to Friday.
Call 705-740-8055 after 8 a.m.
Monday - Friday to book a same-day appointment.
Monday - Thursday, 1:00 p.m. - 7 p.m.
Friday, 1 p.m. - 4 p.m.

RMH Women's Health Clinic

Fill out self-referral at
RMH.org/womenshealthclinic

HKPR Health Unit, Immunization Clinic, Sexual Health Clinic

Book appointments at hkpr.on.ca

Below clinics refer to calendar online

knfht.ca/home/events

Bobcaygeon, 100 East St. S.

Monday 4 p.m. - 7 p.m.
Thursday 4 p.m. - 7 p.m.

Fenelon Falls, 53 Colborne St. E.
(Pharmasave) Walk In, first come first serve.
Wednesday 1 p.m. - 5:30 p.m.

Minden Urgent Care, 6 McPherson St.
(former ER site)

Monday - Sunday 10 a.m. - 5 p.m.
705-286-2140 ext. 4001

Enhanced Care Walk In Clinic

Telemedicine Clinic with three locations

Fenelon Falls, inside FF Community Pharmacy, 205 Francis St. E.
Monday, Tuesday, Wednesday, Friday
10 a.m. - 2 p.m.
705-887-4110

Good Doctors, 86 Russell St. W., Lindsay
Nurse onsite for physical assessments.
Monday - Friday 9 a.m. - 4:30 p.m. Book at gooddoctors.ca/site/good-doctors-lindsay or call 705-304-0021

MD Connected, Rexall 401 Kent St. W., Lindsay
Nurse-assisted doctor consultations.
Monday - Friday 9 a.m. - 7:30 p.m.
Saturday 9 a.m. - 5 p.m.
Sunday 10 a.m. - 5 p.m.
1-877-406-9362

Virtual Clinics

East Region Virtual Care Clinic

Nurse Practitioner led.

No controlled substance prescriptions.

Book at 1-888-684-1999 or

virtualcareontario.ca

Health 8-1-1 (formerly Telehealth)

Available 24-hours, seven days a week for health advice from a Registered Nurse or to find health services information at

health811.ontario.ca or by calling 8-1-1

Telus Health MyCare

Monday- Friday 8 a.m. - 8 p.m.

Saturday/Sunday 8 a.m. - 6 p.m.

Must download the app (free with valid OHIP).

If you do not have a valid OHIP, you can pay a fee of \$70.

telus.com/health/my-care

Go To Doctor. Ca

OHIP-covered.

1-833-820-8800 for phone consultation.

gotodoctor.ca/guardian-ida-remedy

Tia Health

OHIP-covered virtual clinic.

app.tiahealth.com

Sick Kids Virtual Urgent Care

Sickkids.ca/virtualurgentcare

These services are provided by organizations separate of Ross Memorial Hospital and may not include all available options.

Did you know Ontario Pharmacists can prescribe for common ailments?

ontario.ca/page/pharmacies

Acid Reflux

(gastroesophageal reflux disease (GERD))

Acne

Canker Sores

Cold Sores (herpes labialis)

Dermatitis

(atopic, eczema, allergic and 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 and threadworms)

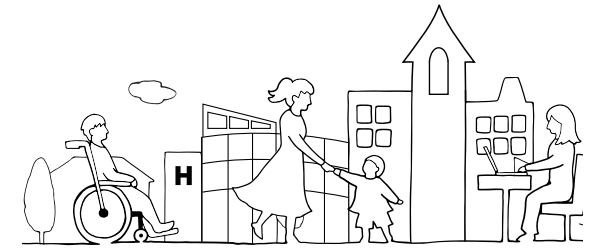
Pink Eye (conjunctivitis; bacterial, allergic and viral)

Sprains and Strains (musculoskeletal)

Tick Bites (post-exposure prophylaxis to prevent Lyme disease)

Urinary Tract Infections (UTIs)

Yeast Infections



Delivering on the promise of a better healthcare experience.



ROSS MEMORIAL
HOSPITAL
Kawartha Lakes

www.rmh.org

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Local: 705-324-6111

Toll Free: 1-800-510-7365



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