

Medical Care:

- It is good to know what you will do in the event that you or your children need medical care.

| Resource | Services | Good to Know |
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| Emergencies 911 | Emergencies. Call for ambulance, fire, or police. | Important emergency number. |
| Poison Control 1-800-567-8911 | Concerns about poisoning or exposure to toxic substances. | Important emergency number. |
| HealthLink BC healthlinkbc.ca 811 | Medical information online or by phone. Call to speak to a nurse (available 24/7), a dietician (Mon-Fri 8am-8pm), or pharmacist (5pm-9am). | Searchable map of walk-in medical clinics, hospitals, or pharmacy services at healthlink.bc.ca/find. |
| Medical Services Plan (MSP) and Pharmacare hibc.gov.bc.ca 604-983-7151 | Information and application available online | |
| Healthy Babies Program (Ridge Meadows/ Tri-Cities) 604-777-8718 | A Fraser Health program providing pregnancy information and assistance for healthy babies. | |
| Alcohol & Drug Info and Referral Service 604-660-9382 1-800-663-1441 | 24/7 information about alcohol and drugs. Referrals for individual, family, and small group counselling for people of all ages who are directly or indirectly affected by alcohol and other drug use. | |
| Purpose Society purposesociety.org 604-526-2522 | HIV/AIDS and Hepatitis C support services and prevention. | |
| BC Healthy Kids Program 1-866-866-0800 | Children of low-income families can get help with basic dental care and prescription eyewear costs through the Healthy Kids Program. | Children are eligible if they are under 19 and their family receives MSP premium assistance. |