



First Nations Supports	First Nations clients seeking supports with refilling prescriptions, medical supplies and equipment can contact First Nations Health Benefits at: 1-855-550-5454 or go to https://www.fnha.ca • Additional Mental Health supports at FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf • Lytton FNHA Health Centre - 778-254-0167, Mon-Fri 8 a.m. – 4 p.m. • LFN Home & Community Care – Micha Kingston 250-256-8182 or email Micha.kingston@lfnhealth.com
Medications	Visit any pharmacy and speak to the pharmacist. They can help you access an emergency supply of the medications you may require without needing to see a physician or nurse practitioner.
Standing Order for Laboratory	Call 1-877-740-7747, Mon–Fri 7 a.m. to 5 p.m., to book an appointment within Interior Health or have your requisition faxed to the laboratory nearest your location.
Doctor / Nurse Practitioner	If you need <i>immediate emergency care</i>: • Go to the Lillooet Hospital Emergency department, located at 951 Murray Street; or the Ashcroft Emergency department (Friday 5:00 – 10:00 pm; Saturday & Sunday 8:00 am – 8:00 pm), located at 700 Ash-Cache Creek Hwy. If your need is <i>not an emergency</i>, but you need to see or speak to a physician, nurse practitioner or nurse: 1. Contact Health Link BC at 8-1-1 to speak to a nurse 2. Virtual Dr. of the Day – call 1-855-344-3800 or click on link below https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day/how-it-works 3. Contact the Cottonwood Medical Clinic Mon-Fri 1-604-476-9705 or email: frontdeskmoa.cwm@gmail.com 4. Contact the Lillooet Medical Clinic at 250-256-7505



Existing Mental Health and Substance Use (MHSU) Clients	Contact your existing MHSU clinician or call: 310-MHSU (310-6478). OAT clients please call: 250-256-1585 Virtual Substance Use and Psychiatry Service https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service
Home Health / Seniors Care	Call Lillooet Home Health at 250-256-1326; Ashcroft Home Health at 250-453-1939; or Merritt Home Health at 250-378-3238 to access home health/ home support, wound care and IV Therapies, diabetes education, cardiovascular, respiratory and nutrition. • For North Fraser Canyon – Spences Bridge, call Ashcroft Home Health at 250-453-1940 • For Lower Nicola Valley, call Merritt Home Health at 250-378-3238
Public Health and Maternity Care	Contact Lillooet Public Health at 250-256-1314; Ashcroft Public Health at 250-453-1940; Merritt Public Health at 250-378-3400 and/or Lytton FNHA Health Centre 778-254-0167 to access nursing and health protection. <i>You can also call our Toll Free number in Kamloops 1-866-874-4372</i>
COVID-19 Test	Book an appointment online or call: 1-877-740-7747 • FNHA Lytton Health Center 778-254-0167 More information: https://news.interiorhealth.ca/covid-19



COVID-19 Vaccination	Please Book an appointment online or call: 1-833-838-2323 • FNHA Lytton Health Center 778-254-0167 • FNHA Lillooet Health Centre 250-256-7017 More information: https://news.interiorhealth.ca/covid-19
Flood info.	The B.C. government issues flood warning advisories and information. River Forecast Centres flood warnings and advisories page: Flood Warnings and Advisories - River Forecast Centre - Province of British Columbia (gov.bc.ca) FNHA Flood Safety Information: https://www.fnha.ca/about/news-and-events/news/important-flood-safety-information * Scroll down to bottom for additional links Traveller information – road closures, etc.: DriveBC Environment and Climate Change – updated weather and weather hazard forecasting: Weather, climate and hazards - Canada.ca



**Wildfire
Smoke
and Health**

Information on BC wildfire activity and air quality:

BC Wildfire – Current wildfire activity

<https://www2.gov.bc.ca/gov/content/safety/wildfire-status/wildfire-situation>

The B.C. government issues **air quality advisories** jointly with the health authorities

<https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories>

The BCCDC has numerous fact sheets regarding **air quality issues** and health covering topics such as **face masks, portable air cleaners, outdoor exercise** etc.:

<http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>