

What Should you do if You're Sick?

Most people can deal with influenza-like symptoms at home:

- Fever
- Cough
- Sore throat
- Joint pain
- Muscle pain

But some people concerned with influenza-like symptoms may need to be seen by a healthcare professional.

Here's how you can get help:

1. Contact your family doctor's office.
2. Call TeleHealth Ontario at 1-866-797-0000.

For people who don't have a family doctor or won't be able to access them due to the high demand, special Community Influenza Assessment Centres have been set up across the KFL&A area. These are only for people with influenza-like symptoms.

<p>HOTEL DIEU HOSPITAL</p>	<p>KINGSTON FAMILY HEALTH TEAM</p>	<p>NORTH KINGSTON COMMUNITY HEALTH CENTER</p>
<p>Main Brock Street Entrance Monday to Friday 5:00 to 10:00 p.m. & Saturday and Sunday 10:00 a.m. to 5:00 p.m.</p>	<p>797 Princess Street, Suite 102 7 days per week 12:00 to 8:00 p.m.</p>	<p>400 Elliott Ave. Monday to Friday 1-4:30 pm <i>(for North Kingston residents)</i></p>
<p>QUEEN'S FAMILY HEALTH TEAM</p>	<p>QUEEN'S STUDENT HEALTH SERVICES</p>	<p>MAPLE FAMILY HEALTH TEAM</p>
<p>220 Bagot Street Monday to Thursday 5:00 to 8:00 p.m. & Saturday 1:00 to 4:00 p.m.</p>	<p>Queen's University (students and faculty) Monday to Friday 5:00 to 8:00 p.m. & Saturday and Sunday 10:00 a.m. to 2 p.m.</p>	<p>Maple Key Clinic (Kingston Shopping Center) 1036 Princess Street Monday to Friday 5:00 to 9:00 p.m. & Saturday and Sunday 2:00 to 6:00 p.m.</p>
<p>SHARBOT LAKE FAMILY HEALTH TEAM</p>	<p>VERONA MEDICAL CLINIC</p>	
<p>Monday to Friday 3:00 to 5:00 p.m.</p>	<p>Monday to Thursday 3:00 to 5:00 p.m. & Friday 9:00 a.m. to 1:30 p.m.</p>	