

# AFTER HOURS HEALTH RESOURCES

Current KFN Health Centre hours:  
**Monday to Friday - 8:30AM to 4:30PM**

For support during regular hours,  
please call the Health Centre at **250  
339 6591**

The KFN Health Centre is closed all  
statutory holidays and for two weeks  
over Christmas and New Years.

Please see the following supports  
for **after-hour health care support**.

**In the event of an emergency, call 9-1-1.**

## **Comox Valley Urgent and Primary Care Centre**

**Call 1 833 688 8722**

**Monday to Friday:** 1:00PM to 9:00PM

**Weekends & Holidays:** 8AM to 8PM

**Call the clinic if you need non-  
emergency medical care within  
12 to 24 hours** including issues such  
as:

- Cough and colds
- Fever
- Cuts, rashes, wounds or skin conditions
- Chest, ear, or bladder infections
- Back pain
- Sprains and strains
- Headaches
- Minor injuries

## **Please go to the Hospital Emergency department for:**

- Immediate medical care
- Health crisis, serious illness or injury
- Chest pain
- Trouble breathing, shortness of breath
- Suspect a stroke
- Overdose or poisoning
- Broken bones, dislocated joints
- Severe allergic reactions

## **CRCL (Crisis Response; Community Led) for mental health crisis**

Call or text: **250 681 4878**

Monday-Friday  
7:30AM to 5:30PM

Saturday & Sunday  
10:30AM to 5:30PM

If you are unsure about which resource to access, please call **8-1-1** to speak with a nurse anytime, or to speak with a pharmacist from 9AM to 5PM everyday.