NorWest Community Health Centres
Centres de santé communautaire NorWest

MOBILE HEALTH SERVICES

Mobile Health Services are Temporarily Closed Due to the COVID-19 Pandemic

The Mobile Health Services Team will not be traveling to rural communities within the district of Thunder Bay to help protect the health of the community. The current situation will be reassessed in the near future.

Although we will not be physically present in your community, we want to continue to support you with all aspects of your health.

How to book an appointment with your provider?

If you require an appointment with your Nurse Practitioner or Diabetes Nurse, a phone appointment or in person appointment at our main site in Thunder Bay can be scheduled by contacting one of the mobile Community Health Workers Shaun (807-626-7863) or Naomi (807-626-7879) or you can access our Walk-In Clinic.

How can a Community Health Worker (CHW) support you?

Our Community Health Workers are available by phone and can support you with financial concerns, accessing food, concerns or questions about COVID-19, navigating the current community situation, and accessing programs to support you. Please contact one of our mobile CHWs if you would like some support during this time:

SHAUN at 807-626-7863 or NAOMI at 807-626-7879

Walk-in Clinic Hours

Monday to Thursday: 4:30 pm to 8:00pm

Friday: 1:00 pm to 4:00pm

Saturday & Sunday : 10:00am to 3:00pm

YOUR MOBILE TEAM IS HERE TO SUPPORT YOU

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What can you do to help stop the spread of COVID-19?

To prevent spreading COVID-19, it is recommended to practice social distancing. **Social distancing** is limiting the number of people you come into close contact with. This will help to limit the spread of COVID-19 in the community.

Social distancing includes, but is not limited to:

- Working from home where possible
- Avoiding non-essential trips in the community
- If possible, limit or consider cancelling group gatherings
- Consider having virtual meetings instead of in person.
- Avoid handshakes and direct contact with others
- Maintain a 1-2 metre (3-6 feet) distance from other people

This isn't to say "you must stay home!" You can still go outside to take a walk or go to the park. If you need groceries, go to the store. While outside make sure to avoid crowds and maintain a distance of 1-2 metres (3-6 feet) from those around you. Remember: While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable.

NorWest CHCs Main Site is located at 525 Simpson St. Thunder Bay, ON P7C 3J6

Call us at **807.622.8235**

Or toll free at **1.866.357.5454**

Check us out online!

www.norwestchc.org

Find us on facebook

www.facebook.com/NorWestCHC

Supported by: Ontario North West Local Health Integration Network

What should you do if you have recently traveled?

ALL travellers must self-isolate for 14 days, whether or not they have symptoms. Self-isolation means staying home, staying in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one, and if you must be in the same room, wear a mask and stay at least 2 meters away from other people.

What should you do if you develop symptoms?

The most common symptoms include a new or worsening **cough**, **fever**, or **difficulty breathing**. If you experience any of these symptoms you must self-isolate (see above) immediately. You can use the **self-assessment tool** at Ontario.ca/covid19 or you can call **Telehealth** at 1-866-797-0000 or the **Thunder Bay District Health Unit** at 1-888-294-6630 to determine your next steps.

If you would like to know more:

Current Status in Thunder Bay District : https://www.tbdhu.com/coronavirus
Ontario Updates: https://www.ontario.ca/page/2019-novel-coronavirus
Federal Updates: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html
Community & Social Services: call 2-1-1

Every One Matters.