

# #KnowWhereToGo

## for children's cold and flu symptoms

### Health Links – Info Santé

Call 204-788-8200  
1-888-315-9257 (toll-free)

This free service is available 24/7 with nurses who can assess and provide advice on where to go.

### Walk-In Connected Care Clinic (After Hours & Weekends Winnipeg)

McGregor Walk-in and Access Fort Garry

### When to get tested for COVID?



### Doctor/Clinic/Primary Care (Weekdays)

During respiratory virus season, your child may experience common cold/flu symptoms.

- Fever or chills
- Cough
- Runny nose
- Sore throat

### Critical Injury or Life-Threatening Condition?

Call 911 or go to an emergency department.



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé

## Doctor/Clinic/Primary Care Weekdays

## After Hours and Weekends (Winnipeg)

## Emergency Department / 911 24/7

During respiratory virus season, your child may experience common cold/flu symptoms. As long as symptoms are not emergent or urgent, they may be assessed by a primary care provider or clinic.

Mild symptoms may include:

- Fever or chills
- Nasal congestion or runny nose
- Cough
- Sore throat
- Fatigue
- Headache
- Muscle aches or body aches
- Nausea or vomiting
- Diarrhea
- Poor appetite
- New loss of taste or smell
- Belly pain

### McGregor Walk-in Connected Care Clinic 363 McGregor St

204-940-1963

Call ahead to confirm hours or check wait times

Monday - Friday:  
12:00 p.m. - 7:30 p.m.

Saturday, Sunday and Holidays:  
9:00 a.m. - 4:30 p.m.

### Access Fort Gary Walk-in Connected Care Clinic 135 Plaza Dr

204-940-7100

Call ahead to confirm hours or check wait times

Monday – Friday:  
9:00 a.m. - 6:30 p.m.

Saturday:  
9:00 a.m. - 3:30 p.m.

Call 911 or go to your closest Emergency Department if your child has any of the following symptoms:

- Difficulty breathing
- Periods of holding breath / not breathing / slowed breathing
- Increased breathing (more than 60 breaths per minute)
- Excessively tired or difficult to wake up
- Sudden confusion
- Change in colour of nail beds, hands, lips, or face
- Inconsolable infants - crying that won't stop or is painful sounding
- Not peeing
- Poor feeding - refusing or unable to eat or drink
- Infant younger than 3 months with a fever

Public health officials strongly urge anyone who has cold or flu-like symptoms, such as a cough, fever, runny nose, sore throat, headache, or any of the symptoms listed in the online screening tool to isolate and get tested for COVID-19. By getting your child tested, you are helping to keep your family and community healthy. If your child gets tested for COVID-19, they should continue to isolate – other than to seek medical care – until you receive the test results.

Use Manitoba's online screening tool to find out if you should get your child tested for COVID-19: <https://sharedhealthmb.ca/covid19/screening-tool/> or scan QR on the front