

Urgent Care Services

Urgent care services are currently available in certain locations across Newfoundland and Labrador.

In the St. John's metro area: The Urgent Care Centre (east) at 28 Stavanger Drive is opening on **January 12, 2026**.

Information around the opening date for Urgent Care Centre (west) at 850 Topsail Road, Mount Pearl will be shared with the public once finalized.

What is urgent care?

- Urgent care refers to the health-care services provided for non-life-threatening conditions that require prompt assessment and treatment by a health-care professional.
- Urgent care bridges the gap between emergency rooms and primary care, offering a different type of care for illnesses or injuries that need quick medical attention but that are not serious enough to require an emergency room visit or immediate hospitalization.

What are some examples of conditions suitable to seek urgent care?

- Examples of mild to moderate conditions that are appropriate for urgent care include (but are not limited to):



injury assessment (such as sprains, strains and minor breaks);



skin infections, burns and cuts;



respiratory infections with fever, cough and/or shortness of breath;



stomach illness with nausea, vomiting and/or diarrhea; and



urinary tract infections.

Is the new urgent care centre (east) for both adults and children?

- Yes. Services at the new Urgent Care Centre (east) located at 28 Stavanger Drive in St. John's will be available for both children and adults.



NL Health Services

Urgent Care



NLHealthServices.ca/urgent-care

What is the difference between emergency care and urgent care?

- Emergency care is to treat conditions that require immediate care: Emergency departments are available 24/7 to support patients in emergency situations.
- Patients with a medical emergency who require an ambulance should call 911. Those who feel they have a serious or life-threatening medical problem should proceed to the nearest open emergency.
- Urgent care is to treat conditions that need same day care: Urgent care centres/clinics help patients with unexpected, but non-life-threatening health concerns.



What is the difference between primary care and urgent care?

- Family Care Teams and primary care providers (family doctors or nurse practitioners) can also treat urgent needs and health concerns that are not an emergency. Urgent care centres/clinics provide another opportunity to access care when individuals cannot access a primary care provider (family doctor or nurse practitioner).
- Urgent care is for non-emergency, same day care while primary health care is for health concerns that can wait 24-48 hours.

Is urgent care available for people with or without a primary care provider?

- Yes. Individuals with or without a primary care provider (family doctor or nurse practitioner) can access urgent care.

Do ambulances bring patients to urgent care clinics/centres?

- No. Emergency departments are the only health-care sites that receive ambulances.

Where is urgent care available in the province?

- For the most up-to-date information on urgent care across the province, please visit NL Health Services' website: NLHealthServices.ca/urgent-care/

Where to go for care (primary, urgent or emergency)

Individuals who are unsure where to go for care, can call 811 or check NL Health Services' website (NLHealthServices.ca) for more information about the care we offer.

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