

Your Health



NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

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Staying Healthy During The Holiday Season

As the holiday season approaches, many of us are busy shopping for gifts, preparing for family celebrations, or getting ready to travel. Amid all the hustle and bustle of these festive preparations, don't forget to take care of your healthcare needs. Christmas and Boxing Day fall on Thursday and Friday this year so plan ahead as some stores, pharmacies and physician offices will have special holiday hours.

Here are a few tips to help you get ready for your holiday healthcare:

- Check your prescriptions and medications and have them renewed or refilled now, so you don't run out
- Know when your doctor's office will be open/closed during the holidays
- Find out where your local walk-in or after hours clinics are located, in case you need them during the holidays
- Update all emergency telephone numbers and post them in a visible place
- Remind your visitors to refill their prescriptions before they travel here
- Visit www.iamsick.ca for more information on emergency departments, urgent care centres, walk-in clinics, pharmacies and mental health services near you

While making your holiday shopping list, you may also want to:

- Have extra specialized batteries on hand for necessary medical equipment
- Stock up your home emergency kit - bottled water, canned or dried food/energy bars, manual can opener, flashlights, wind-up radio, batteries, and first aid kit

Finally, protect your health, and the health of your family, by getting a flu shot at your doctor's office or pharmacy.

Other Survival Tips

- **Get plenty of sunlight, fresh air and exercise:** Three 10-minute walks throughout the day will energize and boost your spirits and will help burn some of those extra calories. Try to plan gatherings around activities such as a cross-country ski afternoon, skating or a hike.
- **Indulge in Moderation:** There's no need to go without your favourite foods, just take smaller amounts and eat slowly. That way you'll eat less and savour more. Allow yourself to indulge in moderation. Let a small taste satisfy your craving.
- **Enjoy your Holiday:** This time of year is about celebrations. If you do overeat a little, don't worry about it. Aim to be healthy through the holiday season.
Eat smart, stay active, and enjoy a healthy holiday!

Source: Halton Diabetes Program

If you do get sick:

Call your family doctor first or visit a Walk-In Clinic. For a list of Emergency Departments, Walk-In Clinics and Pharmacies in your area, please visit:
www.iamsick.ca

If you need emergency care:

Call 911 or go to your closest Emergency Department.

What to bring to the Emergency Department:

- Your Ontario Health Insurance card and any additional health insurance information
- All medications in their original containers or a written list of any medications, herbal remedies and vitamins you take regularly
- An updated list of any other important health related information such as allergies and past health issues

Remember:

- In the Emergency Department, patients are seen by a doctor based on order of need - not their time of arrival
- Please consider the health of our hospital patients: do not visit if you are ill or feel unwell and remember to clean your hands when you arrive and leave the hospital

Best Wishes for a Happy, Healthy & Safe Holiday Season!

from Halton Healthcare Services,
the Georgetown Hospital Foundation
and the Georgetown
Hospital Volunteer
Association



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