

Your Health



NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL DECEMBER 2010

'Tis the Season . . .

Santa is checking his list -



- have you checked yours?

Here are some simple ways to have a safe and healthy Holiday Season:

- ☑ Wash your hands often
- ☑ Cover your cough
- ☑ Get your flu shot
- ☑ Plan ahead to have your prescriptions and medications filled so you don't run out
- ☑ If you are unwell, stay at home
- ☑ Have extra batteries on hand for necessary medical equipment
- ☑ Update all emergency telephone numbers and post them in a visible place

If you do get sick: Call your family doctor first or visit a Walk In Clinic
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: Patients are seen by a doctor based on order of need, not time of arrival.

Please consider the health of hospital patients and do not visit if you are ill, or feel unwell.

Best wishes for a very happy, healthy and safe Holiday Season!

- from Halton Healthcare Services, Georgetown Hospital Foundation & Georgetown Hospital Volunteer Association