

Staying healthy during the Holiday Season



During the holiday season, it's important to stay healthy. Here are a few tips to help you get ready:

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- Eat healthy and exercise regularly.
- Get enough sleep.
- Drink plenty of water.
- Avoid alcohol and tobacco.
- Practice good hygiene.
- Stay up to date on your vaccinations.
- Take care of your mental health.



Call for Support

For more information, call our support line at 1-877-825-9011.

COAST: Crisis Outreach and Support Team

For more information, call our support line at 1-877-825-9011.

Crisis Line: 1-877-825-9011

Distress Centre Halton

For more information, call our support line at 1-877-825-9011.

Distress Lines: Oakville: 905-849-4541 North Halton: 905-877-1211

ROCK: Reach Out Centre for Kids

For more information, call our support line at 1-877-825-9011.

24 Hour Mobile Crisis Line: 905-878-9785

SAVIS: Sexual Assault & Violence Intervention Service

For more information, call our support line at 1-877-825-9011.

Crisis/Support Line: 905-875-1555



If you do get sick

If you do get sick, contact your healthcare provider. For more information, visit www.ontario.ca/healthcareoptions or call 1-866-797-0000.

If you need emergency care

For more information, call our support line at 1-877-825-9011.

What to bring to the Emergency Department

- Identification and insurance information.
- List of medications and allergies.
- Recent medical records.

Why you may wait in the Emergency Department

There may be a wait in the Emergency Department due to high volume. Please be patient and stay hydrated.

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



Stay connected! For more information please visit our website, www.haltonhealthcare.com.