

Your Health

Halton Healthcare

NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

DECEMBER 2013



'Tis the Season

Santa is checking his list... have you checked yours?

Tips for 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. For a list of Walk-in Clinics and Pharmacies in your area, please visit www.FeelBetterFaster.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 medications 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 happy, healthy & safe Holiday Season!

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



www.haltonhealthcare.com

Know Your Health Care Options

Fill out the chart below and keep it handy over the holiday season.

Visit www.FeelBetterFaster.ca

Telehealth

Free, confidential, health advice and information from registered nurses.
1-866-797-0000 TTY: 1-866-797-0007 24 hours a day, 7 days a week.



Mental Health & Addiction Helplines

Free information service from ConnexOntario, 24 hours a day, 7 days a week.
Mental Health: 1-866-531-2600 Drug/Alcohol Abuse: 1-800-565-8603
Problem Gambling: 1-888-230-3505



Pharmacists

Prescriptions, flu shots, advice on health products and medication reviews.



My pharmacy: _____ Phone: _____

Holiday hours: _____

Nearest 24 hour pharmacist: _____

Family Doctor/Health Team

For on-going and urgent care and treatment of non-emergency illnesses and injuries.



My doctor: _____ Phone: _____

Holiday hours: _____

Community Care Access Centre

Provides at-home health care services for children and adults. Phone: 310-CCAC (2222)



My Caregiver: _____

Walk-in Clinics

If your doctor isn't available or you don't have a doctor.



My nearest clinic: _____ Phone: _____

Holiday hours: _____

Emergency Department

For serious and life-threatening illnesses, 24 hours a day, 7 days a week.



My Emergency Department: _____

911

For life-threatening illness or injury, 24 hours a day, 7 days a week.
IF YOU HAVE A MEDICAL EMERGENCY CALL 911



My Medicine

Keep a list of your prescriptions, herbal medications, vitamins and supplements to take with you when you go to see a health professional.



TIP: Remember to renew your prescriptions before the holidays!

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