

## 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, don't forget to take care of your healthcare needs. Plan ahead as stores, pharmacies and physician offices will have special holiday hours.

### Here are a few tips to help you get ready:

- 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
- Have extra specialized batteries on hand for necessary medical equipment
- Stock up your home emergency kit – bottled water, canned or dried food, manual can opener, flashlights, wind-up radio, batteries, and first aid kit
- Visit [www.iamsick.ca](http://www.iamsick.ca) for information on emergency departments, urgent care centres, walk-in clinics, pharmacies and mental health services near you

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

## OTMH Moves to 3001 Hospital Gate



A new era of healthcare has begun in Oakville with the successful relocation of Oakville Trafalgar Memorial Hospital (OTMH) on Sunday, December 13, 2015. The hospital located at 327 Reynolds Street is now closed and all hospital care is being provided at the new state-of-the-art hospital located at 3001 Hospital Gate, near the intersection of Dundas Street and Third Line in Oakville.

Log on to [haltonhealthcare.com](http://haltonhealthcare.com) for videos and maps of the new hospital.

### 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](http://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 and 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, the Georgetown Hospital Foundation  
and the Georgetown Hospital Volunteer Association.



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