



Your Hospital



www.haltonhealthcare.com

Healthcare Reminders for the Holidays

1. Know your healthcare options, visit www.ontario.ca/healthcareoptions
2. Locate your closest walk-in clinic and check their holiday hours at myhealth365.ca
3. Always clean your hands to prevent the spread of germs
4. Get the flu shot to protect you and your family
5. Update your medication list—visit www.haltonhealthcare.com and search 'Medication List'
6. Know your doctor's office and pharmacy holiday hours
7. Refill your prescriptions before the holidays
8. Update your emergency telephone lists and include TelehealthOntario **1-866-797-0000** for access to a Registered Nurse 24 hours a day, 7 days a week
9. If you are sick, stay home! Don't risk infecting your friends, coworkers and family

Have a healthy and safe holiday season!



Feeling Overwhelmed?

Call for Support 24/7

COAST: Crisis Outreach and Support Team

For Halton Region resident 16 years of age and over experiencing a mental health crisis.
Crisis Line: **1-877-825-9011**

ROCK: Reach Out Centre for Kids

Assessment and treatment of children, adolescents and families.
Mobile Crisis Line: **905-878-9785**

SAVIS: Sexual Assault & Violence Intervention Service

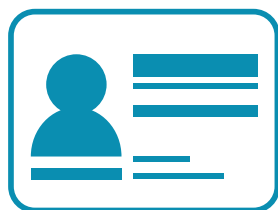
Support for survivors of violence.
Crisis/Support Line: **905-875-1555**

Distress Centre Halton

To better cope with crisis, loneliness and emotional stress.
Oakville: **905-849-4541**
North Halton: **905-877-1211**
Burlington: **905-681-1488**

What to Bring to the Emergency Department

Your Health Card



Your Ontario Health Card and any additional health insurance information.

The name and address of your family physician.

All your Medications



All your medications in their original containers or a written list of any medications, herbal remedies and vitamins.

Don't forget to include dosage and frequency of medications.

Related Health Information



Bring a list of health related information, allergies and past health issues.

If You Need Emergency Care

Call 911 or go to your closest Emergency Department.

Our wait times may be longer during the holiday season because of the reduced operating hours of medical clinics and physician offices in the community.

Patients are seen on a priority basis, not a first-come first-served basis:

- This ensures that the sickest patients get the care they need first, even though they may arrive at the Emergency Department after other patients.
- Patients are assessed and prioritized by a specially trained triage nurse using the Canadian Triage and Acuity Scale (CTAS), based on the patient's complaint and the symptoms they may be exhibiting.