

A message from your local hospital



Photo Courtesy of: Rouge Valley Health System - Ajax and Pickering Health Centres. Celia Bronkhorst, Photographer

How to Get Emergency Medical Care this Holiday Season

If you have an emergency this holiday season, go to the Emergency Department. But they're extra busy this time of year. You may have to wait. However, if you have the most serious condition, you will be seen first. If you're not sure if it's an emergency, call Telehealth Ontario: 1-866-797-0000 for free access to registered nurses who will help with any health-related question.

Although it's a busy time of year, Telehealth Ontario and full service Emergency Departments are open 7 days a week, 24 hours a day.

If you have any doubts don't hesitate to call 911. The ambulance will respond quickly and take you to the emergency department where you will receive the appropriate care.

Please Be Patient

Our dedicated staff will do their best to see you as quickly as possible, but the department may be very busy. Patients are seen by a doctor based on order of need, not time of arrival. Please remember to bring your Ontario Health Card and a list of any medications you are taking.

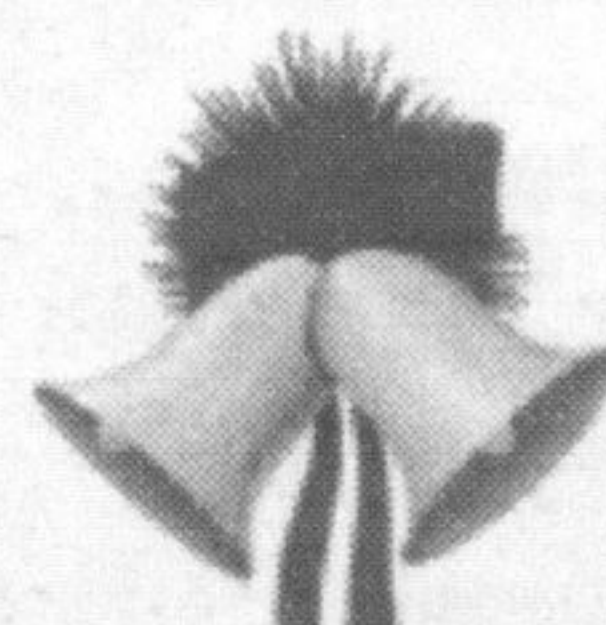
You Can Help By Being Prepared

- Ask your doctor's office what back-up coverage they offer or recommend when they are closed (eg. after-hours clinics or on-call service).
- Update all emergency telephone numbers and post them in a visible place (eg. your refrigerator).
- Make sure that everyone in your family has enough of their medications —both prescription and non-prescription—needles, alcohol swabs, etc. Also check out inhalers, respirators, oxygen, and glucose testing machines.
- Know where the nearest 24-hour pharmacy is located.
- If you do need to go to your Emergency Department, have your Ontario Health Card ready.

This message is sponsored by your local hospital



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Have a Safe and Healthy Holiday!



**JOSEPH BRANT
MEMORIAL HOSPITAL**