

This Holiday Season, Know Your Health Care Options

Clip and Save the chart below, and keep it handy over the holidays.



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: _____

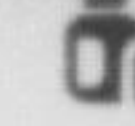
911

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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Did you know?

Every holiday season thousands of people spend hours in the Emergency Department for injuries or illnesses that do not require emergency care. You don't have to be one of them.

Be prepared.

Visit FeelBetterFaster.ca to learn about your health care options, and steps you can take to stay healthy this holiday season.

Visit FeelBetterFaster.ca to learn about the health care options in your area.

[Feel Better Faster.ca](http://FeelBetterFaster.ca)