Staying safe in the community during fall and winter – Checklist for Patients

Please use the following checklist to ensure that you are prepared to manage your health and know where to get care during fall, winter and holiday periods.

☐		**Reduce your risk of spreading infection.** Along with handwashing and staying home when you are sick, getting your COVID-19 and flu vaccinations is a good way to protect yourself and others. Everyone over the age of 6 months is eligible. Make an appointment at your doctor's office or local pharmacy.
☐		**Schedule any needed medical appointments before holiday periods.** Many offices will be closed or have shorter hours so make sure your appointments are booked early. Call two weeks in advance to confirm their business hours.
☐		**Make sure you have enough prescription and non-prescription medications for you and your family during holiday periods.** Pharmacists can prescribe medications for common illnesses (like hay fever, sprains, strains and pink eye). Visit SouthEastHealthline.ca and search "Pharmacies." Remember, some pharmacies have shorter business hours.
☐		**Stock up on medical supplies.** Make sure you have a two-week supply of inhalers, oxygen, needles, glucose testing or any other equipment you will need during holiday periods.
☐		**Update your list of emergency telephone numbers and post them in a visible place, like on the fridge.** Don't forget to add Health811 (previously Telehealth Ontario) at 811 or health811.ontario.ca for free, confidential 24-hour access to a registered nurse to help with health-related questions.
☐		**Know your health care options.** Look for care at a doctor's office (call your doctor to make an appointment), walk-in clinic or urgent care centre (often without an appointment). To find local clinics, visit SouthEastHealthline.ca and search "Walk-In Medical Clinics" or "Urgent Care Centres."
☐		**If you have severe chest pain, stroke symptoms or another medical emergency, call 911 or go to the nearest Emergency Department.**
☐		**Connect with other doctor services.** If you are unable to visit a doctor's office, you can receive in-home, phone, or virtual primary care services: • **CDK Family Medicine and Walk In Clinic** (613-766-0318 or visit this link) • **CDK Family Medicine and Walk In Clinic - Sutherland Dr Clinic** (613-766-0318 or visit this link) • **Medical Tree** (613-887-8733 or visit this link) Visit SouthEastHealthline.ca and search "In-Home Doctor Services" to find other in-home doctor services.

Ontario

☐		**It is helpful to know where to go to for diagnostic testing or lab work.** The clinics provide services like X-rays, ultrasound or collecting samples for analysis. Visit SouthEastHealthline.ca and search "Diagnostic Imaging Clinics" or "Medical Laboratories."
☐		**Focus on your mental health.** Visit SouthEastHealthline.ca and search "Mental Health" or "Mental Health Crisis Lines." You can also call crisis and helplines for free and 24/7 support: • **ConnexOntario Helpline** (1-866-531-2600) • **Canadian Mental Health Association – Hastings Prince Edward branch** (613-967-4734) • **Ontario Shores Centre for Mental Health Sciences** (1-800-263-2679) • **Kids Help Phone** (1-800-668-6868 or text 686868) for children and youth ages 5 to 20 through phone, text and online resources • **Hope for Wellness Helpline** (1-855-242-3310) for Indigenous people • **Talk 4 Healing** (1-855-554-4325) helping Indigenous women with supports and resources
☐		Visit SouthEastHealthline.ca to learn about local health and community services. For example, search "Exercise and Falls Prevention Programs" to find resources to help seniors stay safe, healthy and how to prevent falls.

My personal options

1) My care coordinator:		4) My pharmacy:	
☎		☎	
✉		Home delivery?	
2) My doctor:		**5) My grocery store:**	
☎		☎	
✉		**Hours**	
3) Local meal services:		**6) Local snow removal:**	
☎	Home delivery?	☎	
Other Important Contacts			
Home and Community Care Support Services South East		☎ 310-2222 (no area code)	
		☎	
		☎	
		☎	