












# HOME AND COMMUNITY CARE SUPPORT SERVICES

Central

## Patient Checklist: Staying Safe in the Community

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

<input type="checkbox"/>		<b>Reduce your risk of spreading infection.</b> <ul style="list-style-type: none"><li>• Protect yourself and others around you by staying up to date on your COVID-19 and flu shots. Everyone over the age of 6 months is eligible. Book an appointment at your doctor's office or local pharmacy or <a href="#">visit the provincial website</a> for more options and details.</li><li>• Wash your hands often, and cover your mouth when you cough or sneeze.</li><li>• To learn about more layers of infection protection, review the <a href="#">COVID-19 webpage</a>.</li></ul>
<input type="checkbox"/>		<b>Schedule any needed medical appointments before holiday periods.</b> <ul style="list-style-type: none"><li>• Some medical offices may be closed or have shorter hours during holiday periods, so be sure to advance book any needed appointments, or confirm their business hours over the holidays.</li></ul>
<input type="checkbox"/>		<b>Ensure that you have enough prescription and non-prescription medications for you and your family.</b> <ul style="list-style-type: none"><li>• Did you know <a href="#">pharmacists can prescribe medications for common ailments</a> like hay fever, musculoskeletal sprains and strains, pink eye and urinary tract infections.</li><li>• Some pharmacies may have reduced hours or operating days over holiday periods.</li><li>• To learn about services or hours, visit <a href="http://www.centralhealthline.ca">www.centralhealthline.ca</a> and search "Pharmacies".</li></ul>
<input type="checkbox"/>		<b>Stock up on medical supplies.</b> <ul style="list-style-type: none"><li>• Make sure you have a two-week supply of inhalers, oxygen, needles, glucose testing or any other equipment that you may need during holiday periods.</li></ul>
<input type="checkbox"/>		<b>Update your list of emergency telephone numbers and post in a visible place, like the fridge.</b> <ul style="list-style-type: none"><li>• Remember to add <b>Health811</b> (previously Telehealth Ontario) which provides free, 24-hour access to a registered nurse. To reach this service, phone 811 or visit the <a href="#">811 webpage</a> to access the online chat function. For those who are hard of hearing or have speech difficulties, TTY service is available at 1-866-797-0007.</li></ul>
<input type="checkbox"/>		<b>Know your health care options.</b> <ul style="list-style-type: none"><li>• For general check-ups, chronic conditions, minor injuries or issues like coughs or colds, call your primary care provider (doctor or nurse practitioner) to book an appointment.</li><li>• You can also consider going to a walk-in clinic, often without an appointment.</li><li>• To find local clinics, visit <a href="http://www.centralhealthline.ca">www.centralhealthline.ca</a> and search "Walk-In Medical Clinics".</li></ul>
<input type="checkbox"/>		<b>Access in-home doctor services, if needed.</b> <ul style="list-style-type: none"><li>• If you are unable to visit your doctor's office, look for options to receive in-home, phone or virtual primary care services such as:<ul style="list-style-type: none"><li>• Central Region Virtual Urgent Care - <a href="http://www.eyrnd.ca/central-region-virtual-urgent-care-clinic">www.eyrnd.ca/central-region-virtual-urgent-care-clinic</a></li><li>• MedVisit - Doctors House Call Service - Phone 416-631-3000 or visit <a href="http://www.medvisit.ca">www.medvisit.ca</a></li><li>• Visit <a href="http://www.centralhealthline.ca">www.centralhealthline.ca</a> and search "In-Home Doctor Services" for other options.</li></ul></li></ul>
<input type="checkbox"/>		<b>If you have severe chest pain, stroke symptoms or other medical emergency, call 911 for emergency assistance OR go to the nearest Emergency Department.</b>

<input type="checkbox"/>		<p><b>If your care provider requests that you arrange for diagnostic imaging or lab work.</b></p> <ul style="list-style-type: none"> <li>• There are numerous clinics that provide services like X-rays, ultrasound or collect samples for analysis to aid in diagnosis, treatment or disease prevention.</li> <li>• Visit <a href="http://www.centralhealthline.ca">www.centralhealthline.ca</a> and search “Diagnostic Imaging Clinics” or “Medical Laboratories”.</li> </ul>
<input type="checkbox"/>		<p><b>Focus on your mental health.</b></p> <ul style="list-style-type: none"> <li>• For free support, call a crisis or helpline: <ul style="list-style-type: none"> <li>○ <a href="#">Canadian Mental Health Association Crisis Line</a> - Phone 1-833-456-4566</li> <li>○ <a href="#">Community Crisis Response Service</a> - Phone 1-855-310-COPE (2673)</li> <li>○ <a href="#">ConnexOntario Helpline</a> - Phone 1-866-531-2600 or Text CONNEX to 247247</li> <li>○ <a href="#">Kids Help Phone</a> for youth aged 5 to 20 - Phone 1-800-668-6868 or Text 686868</li> </ul> </li> <li>• For more information, visit <a href="http://www.centralhealthline.ca">www.centralhealthline.ca</a> and search “Mental Health”.</li> </ul>
<input type="checkbox"/>		<p><b>Other health and support services.</b></p> <ul style="list-style-type: none"> <li>• Visit <a href="http://www.centralhealthline.ca">www.centralhealthline.ca</a> to find other services in your community.</li> <li>• For example, search “Exercise and Falls Prevention Programs” to find resources to help seniors stay safe, healthy and how to prevent falls.</li> </ul>

**Add Your Health Care Contact Information Here:**

PROVIDER	NAME	PHONE NUMBER
My Care Coordinator		
My Doctor/Primary Care		
My Pharmacy		
My Service Provider		

**Home and Community Care Support Services Central**  
**1-888-470-2222 | 310-2222 (no area code required) | TTY 711**  
[www.healthcareathome.ca](http://www.healthcareathome.ca)