












## 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.

<input type="checkbox"/>		<b>Reduce your risk of spreading infection.</b> 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.
<input type="checkbox"/>		<b>Schedule any needed medical appointments before holiday periods.</b> 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.
<input type="checkbox"/>		<b>Make sure you have enough prescription and non-prescription medications for you and your family during holiday periods.</b> Pharmacists can prescribe medications for common illnesses (like hay fever, sprains, strains and pink eye). Visit <a href="http://www.CentralWestHealthline.ca">www.CentralWestHealthline.ca</a> and search “ <a href="#">Pharmacies</a> .” Remember, some pharmacies have shorter business hours.
<input type="checkbox"/>		<b>Stock up on medical supplies.</b> Make sure you have a two-week supply of inhalers, oxygen, needles, glucose testing or any other equipment you will need during holiday periods.
<input type="checkbox"/>		<b>Update your list of emergency telephone numbers and post them in a visible place, like on the fridge.</b> Don’t forget to add Health811 (previously Telehealth Ontario) at 811 or <a href="http://health811.ontario.ca">health811.ontario.ca</a> for free, confidential 24-hour access to a registered nurse to help with health-related questions.
<input type="checkbox"/>		<b>Know your health care options.</b> 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 <a href="http://www.CentralWestHealthline.ca">www.CentralWestHealthline.ca</a> and search “ <a href="#">Walk-In Medical Clinics</a> ” or “ <a href="#">Urgent Care Centres</a> .”
<input type="checkbox"/>		<b>If you have severe chest pain, stroke symptoms or <u>another medical emergency</u>, call 911 or go to the nearest Emergency Department.</b>
<input type="checkbox"/>		<b>Connect with other doctor services.</b> If you are unable to visit a doctor’s office, you can receive in-home, phone, or virtual primary care services: <ul style="list-style-type: none"> <li>• <b>Medvisit/National Home Doctor Service</b> (416-631-3000 or <a href="http://www.medvisit.ca">www.medvisit.ca</a>)</li> <li>• <b>Doctors House Call Service – Concierge Medicine</b> (905-517-8889)</li> <li>• <b>Regional Virtual Urgent Care Program</b> (<a href="http://regional-virtual-urgent-care.ca">regional-virtual-urgent-care.ca</a>)</li> </ul> Visit <a href="http://www.CentralWestHealthline.ca">www.CentralWestHealthline.ca</a> and search “ <a href="#">In-Home Doctor Services</a> ” to find other in-home doctor services.

<input type="checkbox"/>		<p><b>It is helpful to know where to go to for diagnostic testing or lab work.</b> The clinics provide services like X-rays, ultrasound or collecting samples for analysis. Visit <a href="http://www.CentralWestHealthline.ca">www.CentralWestHealthline.ca</a> and search “<a href="#">Diagnostic Imaging Clinics</a>” or “<a href="#">Medical Laboratories</a>.”</p>
<input type="checkbox"/>		<p><b>Focus on your mental health.</b> Visit <a href="http://www.CentralWestHealthline.ca">www.CentralWestHealthline.ca</a> and search “<a href="#">Mental Health</a>” or “<a href="#">Mental Health Crisis Lines</a>.” You can also call crisis and helplines for free and 24/7 support:</p> <ul style="list-style-type: none"> <li>• <b>ConnexOntario Helpline</b> (1-866-531-2600)</li> <li>• <b>24.7 Crisis Support Peel Dufferin</b> (905-278-9036)</li> <li>• <b>Gerstein Centre Crisis Line</b> (416-929-5200)</li> <li>• <b>Kids Help Phone</b> (1-800-668-6868 or text 686868) for children and youth ages 5 to 20 through phone, text and online resources</li> <li>• <b>Hope for Wellness Helpline</b> (1-855-242-3310) for Indigenous people</li> <li>• <b>Talk 4 Healing</b> (1-855-554-4325) helping Indigenous women with supports and resources</li> </ul>
<input type="checkbox"/>		<p>Visit Central West Healthline (<a href="http://www.CentralWestHealthline.ca">www.CentralWestHealthline.ca</a>) 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.</p>

### My personal health care options

My care coordinator _____  _____  _____	My pharmacy _____  _____ Home Delivery? _____
My doctor _____  _____  _____	My grocery store _____  _____ Hours _____
Local meal services _____  _____ Home Delivery? _____	Local snow removal _____  _____
<p><b>Other important Contact Numbers</b></p> <ul style="list-style-type: none"> <li>• Home and Community Care Support Services Central West: 310-2222</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	