

## Checklist for Patients

### Staying Safe in the Community during Fall and Winter

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 six 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 reduced hours, so ensure 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="https://www.champlainhealthline.ca">ChamplainHealthline.ca</a> and search <a href="#">Pharmacies</a> . Remember, some pharmacies have reduced 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="https://www.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="https://www.champlainhealthline.ca">ChamplainHealthline.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 other medical emergency, call 911 or go to the nearest hospital 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>• Cover Health - Digital Clinic and Virtual Walk-in Clinic (1-855-943-3255 or <a href="#">visit this link</a>)</li> <li>• TELUS Health MyCare (1-855-577-8838 or <a href="#">visit this link</a>)</li> <li>• Tia Health (<a href="#">visit this link</a>)</li> </ul> Visit <a href="https://www.champlainhealthline.ca">ChamplainHealthline.ca</a> and search <a href="#">In-Home Doctor Services</a>

<input type="checkbox"/>		<b>Know where to go to for diagnostic testing or lab work.</b> Clinics provide services like x-rays, ultrasound or collecting samples for analysis. Visit <a href="http://ChamplainHealthline.ca">ChamplainHealthline.ca</a> and search <a href="#">Diagnostic Imaging Clinics</a> or <a href="#">Medical Laboratories</a> .
<input type="checkbox"/>		<b>Focus on your mental health.</b> Visit <a href="http://ChamplainHealthline.ca">ChamplainHealthline.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, 24/7 support: <ul style="list-style-type: none"> <li>• <b>ConnexOntario Helpline</b> (1-866-531-2600)</li> <li>• <b>Canadian Mental Health Association – Champlain East branch</b> (613-933-5845)</li> <li>• <b>Ontario Shores Centre for Mental Health Sciences</b> (1-800-263-2679)</li> <li>• <b>Kids Help Phone</b> (1-800-668-6868 or text 686868) for children and youth ages 5 to 20 by 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"/>		Visit <a href="http://ChamplainHealthline.ca">ChamplainHealthline.ca</a> to learn about local health and community services. For example, search Exercise and Falls Prevention Programs to help seniors stay safe and healthy.

## My Personal Options

<b>1) My care coordinator:</b>		<b>4) My pharmacy:</b>	
			
		Home delivery?	
<b>2) My doctor:</b>		<b>5) My grocery store:</b>	
			
		Hours	
<b>3) Local meal services:</b>		<b>6) Local snow removal:</b>	
	Home delivery?		
<b>Other Important Contacts</b>			
Home and Community Care Support Services Champlain		 310-2222 (no area code)	
			
			
			