












Patient Checklist







Staying safe in the community in the fall and winter

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

<input type="checkbox"/>		Reduce your risk of getting or spreading infection. Along with washing your hands and staying home when you are sick, getting your COVID-19 and flu vaccinations is a good way to protect yourself and others. Ask your doctor's office, local pharmacy or local public health unit about vaccination services and clinic hours.
<input type="checkbox"/>		Schedule any needed medical appointments before holiday periods. Some offices may be closed or have shorter hours during holidays, so make sure to book your appointments early.
<input type="checkbox"/>		Make sure you have enough prescription and non-prescription medication for you and your family during holiday periods. Pharmacists can prescribe medications for common illnesses (like hay fever, sprains, strains, pink eye), and some provide home delivery service. Some may have reduced hours over the holidays. Visit thehealthline.ca , enter your postal code for local listings, and search "Pharmacies."
<input type="checkbox"/>		Stock up on medical supplies. Make sure that you have a two-week supply of inhalers, oxygen, needles, glucose testing supplies or any other items that may be required over the holiday season.
<input type="checkbox"/>		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) for free, confidential, 24-hour access to a registered nurse to help with health-related questions. Call 811 or visit health811.ontario.ca .
<input type="checkbox"/>		Know your health care options. Look for care at your doctor's office (call to make an appointment), a walk-in clinic or an urgent care centre (usually no appointment needed). To find local clinics, visit thehealthline.ca , enter your postal code to find your local site, and search "Walk-In Medical Clinics" or "Urgent Care Centres."
<input type="checkbox"/>		Connect with in-home doctor services. If you can't visit a doctor's office, you may be able to receive in-home, phone, or virtual primary care services. Visit thehealthline.ca , enter your postal code to find your local site, and search "In-Home Primary Care."

<input type="checkbox"/>		Know where to go to for diagnostic testing or lab work. These clinics provide services like X-rays, ultrasound or collecting samples for analysis. Visit thehealthline.ca , enter your postal code to find your local site, and search “Diagnostic Imaging Clinics” or “Medical Laboratories.”
<input type="checkbox"/>		Focus on your mental health. Visit thehealthline.ca , enter your postal code to find your local site, and search “Mental Health” or “Mental Health Crisis Lines.” You can also call crisis and helplines for free and 24/7 support: <ul style="list-style-type: none"> • ConnexOntario Helpline (1-866-531-2600 or text CONNEX to 247247) • Kids Help Phone (1-800-668-6868 or text 686868) for children and youth aged 5-20 • Hope for Wellness Helpline (1-855-242-3310) for Indigenous people • Talk 4 Healing (1-855-554-4325) for Indigenous women
<input type="checkbox"/>		If you have severe chest pain, stroke symptoms or <u>another medical emergency</u>, call 911 or go to the nearest emergency department.
<input type="checkbox"/>		Visit thehealthline.ca to learn about local health and community services.

My personal health care options

My care coordinator _____  _____	My pharmacy _____  _____ Home Delivery? _____
My doctor _____  _____ Hours _____	My grocery store _____  _____ Hours _____
Local meal service _____  _____ Home Delivery? _____	Local snow removal _____  _____
Other important contact numbers <ul style="list-style-type: none"> • Ontario Health atHome: 310-2222 • _____ • _____ • _____ 	