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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"/>		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.
<input type="checkbox"/>		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.
<input type="checkbox"/>		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 www.torontocentralhealthline.ca and search "Pharmacies." Remember, some pharmacies have shorter business hours.
<input type="checkbox"/>		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.
<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) at 811 or health811.ontario.ca for free, confidential 24-hour access to a registered nurse to help with health-related questions.
<input type="checkbox"/>		Know your health care options. Look for care at a doctor's office (call your doctor to make an appointment) or walk-in clinic (often without an appointment) for minor issues like coughs and colds, minor injuries or chronic medical conditions. To find local clinics, visit www.torontocentralhealthline.ca and search "Walk-In Medical Clinics."
<input type="checkbox"/>		Connect with in-home doctor services. 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"> • Medvisit/National Home Doctor Service (416-631-3000 or www.medvisit.ca) • Doctors House Call Service - Concierge Medicine (905-517-8889) Visit www.torontocentralhealthline.ca and search "In-Home Doctor Services" to find other in-home doctor services.

<input type="checkbox"/>		<p>Focus on your mental health. Visit www.torontocentralhealthline.ca and search “Mental Health.” You can also call crisis and helplines for free and 24/7 support:</p> <ul style="list-style-type: none"> • ConnexOntario Helpline (1-866-531-2600) • Distress Centres of Greater Toronto (416-408-4357) • Gerstein Centre Crisis Line (416-929-5200) • 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
<input type="checkbox"/>		<p>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 www.torontocentralhealthline.ca and search “Diagnostic Imaging Clinics” or “Medical Laboratories.”</p>
<input type="checkbox"/>		<p>If you have severe chest pain, stroke symptoms or <u>another medical emergency</u>, call 911 or go to the nearest Emergency Department.</p>
<input type="checkbox"/>		<p>Visit Toronto Central Healthline (www.torontocentralhealthline.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.</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 _____  _____

Other important Contact Numbers

- Home and Community Care Support Services Toronto Central: 310-2222

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- _____
- _____
- _____