

Holiday Healthcare Checklist

EMERGENCY

As you plan for the holidays, remember that stores, pharmacies and doctors' offices may have limited holiday hours and extended closures.

Taking care of your healthcare needs ahead of time can give you peace of mind during the hustle and bustle of the season. It may also help you avoid an emergency visit to the hospital.

Halton Healthcare has put together this holiday healthcare checklist to help you prepare:

- Know when your doctor's office will be open, and schedule any important medical appointments now.
- Locate your closest walk-in clinic and check their holiday hours.
- Know your pharmacy's holiday hours and renew your prescriptions before the holidays.
- Update your medication list. You can find an example on our website at haltonhealthcare.com.
- Stock up your home emergency kit and first aid kit as well as your medical supplies (including batteries).
- Make sure all your medical equipment, such as inhalers, respirators and glucometers are in good working order.
- Get the flu and COVID-19 vaccinations, and follow recommended COVID-19 precautions.
- Update your emergency telephone lists and include **Health Connect Ontario (1-866-797-0000)** to access a healthcare professional 24/7.

For more information about your healthcare options, visit our website at www.haltonhealthcare.com.

We wish you have a healthy and safe holiday season.

Follow us on social media:



www.haltonhealthcare.com

