

Holiday Season 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 the holiday season.



Schedule any needed medical appointments before the holidays. | Many clinics will be closed or have shorter hours during the holidays so make sure any required appointments are booked in advance.



Know your doctor's office holiday hours | Call your family health care provider for their clinic hours over the holidays.



Make sure you have enough medications for you and your family. | Ask your health care provider to refill prescriptions that may run out over the holidays. Your pharmacist can also renew non-narcotic medications for up to six months, administer the flu shot and counsel people with chronic conditions.



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 to manage your health and wellness during the holiday season.



Talk about your care plan. | Discuss your health care needs with your care team to develop a plan that outlines who is available to support you and how to reach them over the holidays.



Get your flu shot. | Make sure you and your family are protected against the flu by getting vaccinated. Visit your doctor's office or local pharmacy to get your free flu shot.



Update your list of emergency telephone numbers and post them in a visible place. | You can also call Telehealth Ontario at 1-866-797-0000 to talk to a registered nurse 24 hours a day, seven days a week.



Know your health care options. | Many medical clinics, family health teams and pharmacies operate after-hours or walk-in clinics where you can see a doctor or nurse practitioner without an appointment. You can also visit an urgent care centre for minor injuries and chronic medical conditions. Visit centralwesthealthline.ca for local care options.



If you have severe chest pain, stroke symptoms, difficulty breathing, or you are uncertain, always call 911 or go to the nearest emergency department.