



# Your Holiday Health Checklist

Here's a "Holiday Health Checklist" to help you get through the holidays safely.



- Get your flu shot.
- Make sure you have a thermometer that works.
- Stock up on any medications, prescription medications or other items you might need before the holidays. Some examples include:
  - Cold and flu medications, children's/infant Tylenol or Advil
  - Prescription medications that might run out during the holidays
  - Medications or supplies for chronic conditions, such as diabetic supplies and home oxygen.
- Know your family doctor's holiday office hours and any back-up coverage they may offer.
  - My doctor's holiday hours: \_\_\_\_\_
  - My doctor offers an after-hours clinic: \_\_\_\_\_
- Check which pharmacies will be open and what their holiday hours of operation will be. Ask about alternative pharmacies if you think you might need one.
  - Pharmacy #1 (name & hours open) \_\_\_\_\_
  - Pharmacy #2 (name & hours open) \_\_\_\_\_
- Keep these phone numbers handy:
  - If you are feeling distressed, frightened or unable to cope reach out to our Huron Perth Helpline and Crisis Response Team via our Crisis Line at **1-888-829-7484**. This service is available 24 hours a day, seven days a week.
  - If you are looking for health advice or information call Telehealth at **1-866-797-0000 (TTY: 1-866-797-0007)** and speak to a registered Nurse.
- If you drink or use cannabis, please do so responsibly and be aware of how any medications you are taking may interact with these substances. **Do not drive under the influence of these substances.**
- Keep walkways clear of snow and ice.
- Keep hand sanitizer and tissues available for your family and guests to use.
- Change your plans if you are feeling ill, don't visit with friends and family.
- The South West Local Health Integration Network has developed a website that lists resources (Medical Care, Pharmacies and Mental Health Crisis Lines) available over the holidays. Visit their website at **[www.holidayaccess.southwesthealthline.ca](http://www.holidayaccess.southwesthealthline.ca)**