



STAY HEALTHY THIS HOLIDAY SEASON WITH TIPS FROM TRILLIUM HEALTH PARTNERS

(December 18, Mississauga, ON) – Winter has arrived and we look forward to celebrating the holidays with friends and family. However, this is also the season of increased risk for catching colds and the flu. Trillium Health Partners wants you to stay as healthy as possible this holiday season with prevention tips and, when you do get sick, options to help you get the care you need.

“The holiday season is a busy one and many people tend to get sick at this time of year,” said Dr. Eric Letovsky, Chief and Medical Director of the Emergency Department at Trillium Health Partners. “We want our community members to take care of themselves, so that they stay healthy and enjoy this festive time of year.”

Here are some simple facts and tips to help you stay well during this busy season:

- The best way to help prevent the flu is the flu shot – getting the flu shot is SAFER than getting the flu!
- The flu vaccine cannot give you the flu
- Get vaccinated as early as possible – it takes up to two weeks to build up enough immunity to protect you
- If you are sick, stay home to avoid infecting your co-workers, family and friends
- Always wash your hands thoroughly to prevent the spread of illnesses like the flu
- Make sure to get all your prescriptions filled before the holidays
- A fever is the body’s response to fighting infection, and can be treated at home with over-the-counter-medications and rest. Seek medical attention if the fever (consistently 39.4 degrees Celsius or higher) doesn’t respond to the medication or lasts longer than three days
- Know the warning signs of a stroke – sudden weakness or numbness in the face, sudden trouble speaking, or sudden vision problems; as well as signs of a heart attack – chest pain feeling like pressure/heaviness, chest tightness, shortness of breath, and pain travelling to the neck, jaw, shoulder, arms or back. Visit www.heartandstroke.com for more information

For a list of flu clinics in Peel Region offering a free flu shot, visit www.peelregion.ca/flu. For more information about the flu, please watch this [informative video](#). To find out more about our community’s health care options, visit: www.iamsick.ca

There are a number of health care resources available in our community throughout the holiday season, including:

- Telehealth Ontario provides free, confidential access to a Registered Nurse, including breastfeeding support, 24 hours a day, 7 days a week. To access this service, call: 1-866-797-0000 (TTY: 1-866-797-0007)

- The Urgent Care Centre at Trillium Health Partners – Queensway Health Centre, 150 Sherway Drive, open Monday– Sunday, 8:00am – 10:00pm
- The Children’s Clinic at Trillium Health Partners – Mississauga Hospital
 - December 24, 2014 – 2:00 pm - 5:00pm
 - December 25, 2014 –Closed
 - December 26, 2014 – 2:00 pm - 5:00pm
 - December 27, 2014 – 2:00 pm - 5:00pm
 - December 28, 2014 – 2:00 pm - 5:00pm
 - December 29, 2014 – 6:00 pm - 9:00pm
 - December 30, 2014 – 6:00 pm - 9:00pm
 - December 31, 2014 –2:00 pm - 5:00pm
 - January 1, 2015 – 2:00 pm - 5:00pm
 - January 2, 2015 – 6:00 pm - 9:00pm
- Walk-in clinics in Mississauga & Etobicoke
 - For locations and hours of operation visit: <http://www.iamsick.ca/>
- For emergency health care, visit the Emergency Departments at Trillium Health Partners – Mississauga Hospital and Credit Valley Hospital

From everyone at Trillium Health Partners, we wish you a happy, safe and healthy holiday!

About Trillium Health Partners:

Trillium Health Partners is one of the largest community-based, acute care facilities in Canada. Comprised of Credit Valley Hospital, Mississauga Hospital and Queensway Health Centre, Trillium Health Partners serves the growing and diverse populations of Mississauga, West Toronto and surrounding communities. Trillium Health Partners is a research and teaching hospital affiliated with the University of Toronto Mississauga and the Mississauga Academy of Medicine.

For more information:

Fiona Taylor

Sr. Advisor, Communications and Public Affairs

Office: 905-848-7580 ext. 1634

Mobile: 416-844-5189

Fiona.Taylor@trilliumhealthpartners.ca

www.trilliumhealthpartners.ca