



**December 20, 2013**

## **STAY HEALTHY THIS HOLIDAY SEASON WITH TIPS FROM TRILLIUM HEALTH PARTNERS**

(Mississauga, ON) – Trillium Health Partners wants you to stay as healthy as possible this holiday season.

“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 tips to help you stay well during this busy season:

- Remember to get the flu shot.
- If you are feeling sick, stay home so that you don't infect your co-workers and friends.
- Always wash your hands thoroughly; this will help prevent the spread of illnesses like the flu virus.
- Make sure to get all your prescriptions filled before the holidays.

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

- The Children's Clinic at Trillium Health Partners – Mississauga Hospital
  - December 24, 2013 – 2:00 pm - 5:00pm
  - December 25, 2013 – Closed
  - December 26, 2013 - 2:00 pm - 5:00pm
  - December 27, 2013 – 6:00 pm - 9:00pm
  - December 28, 2013 - 2:00 pm - 5:00pm
  - December 29, 2013 - 2:00 pm - 5:00pm
  - December 30, 2013 - 6:00 pm - 9:00pm
  - December 31, 2013 - 2:00 pm - 5:00pm
  - January 01, 2014 - 2:00 pm - 5:00pm
  - January 02, 2014 - 6:00 pm - 9:00pm
- The Urgent Care Centre at Trillium Health Partners – Queensway Health Centre
  - Monday-Sunday – 8:00am – 10:00pm

- Walk-in clinics in Mississauga
  - For locations and hours of operation visit:  
<http://www.feelbetterfaster.ca/FBF/Page.aspx?id=11066>
- Walk-in clinics in Etobicoke
  - For locations and hours of operation visit:  
<http://www.feelbetterfaster.ca/FBF/Page.aspx?id=11060>
- Emergency Departments at Trillium Health Partners – Mississauga Hospital and Credit Valley Hospital will be open 24 hours a day everyday throughout the holiday season

For more information on additional health care options please visit  
[www.feelbetterfaster.ca](http://www.feelbetterfaster.ca).

“Feelbetterfaster.ca is a wonderful tool for patients who require medical assistance over the holiday season but are unsure where to get it,” said Dr. Letovsky. “This collaborative effort between community partners helps to ensure that patients receive the care they need in a timely manner, close to home.”

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, the Mississauga Hospital and the Queensway Health Centre. Trillium Health Partners serves the growing and diverse populations of Mississauga, West Toronto and surrounding communities. Trillium Health Partners is a teaching hospital affiliated with the University of Toronto. Trillium Health Partners is an associate member of the Toronto Academic Health Science Network.

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