

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.



Make sure you have enough prescription and non-prescription medications to last over the holiday season. Plan ahead and re-fill prescriptions and ensure you have the medications you need before the holidays.



Know your health care options. Seek care at a doctor's office, walk-in clinic, or urgent care centre, or COVID, Cold and Flu Clinics for minor issues like coughs and colds, minor injuries or chronic medical conditions. To see a full list of alternative options, [click here](#).



Ensure you have your essential medical supplies. Make sure you have a two week supply of glucose testing strips, inhaler, oxygen, a working thermometer or any other medical supplies that you may need to manage your health and wellness.



Utilize online and phone resources. Don't forget that there are many virtual and phone resources that can help. Some resources are Telehealth Ontario (**1-866-797-0000**), Child and Youth Virtual Care (www.urgentcareontario.ca) or Mental Health Telehealth (**1-844-437-4246**).



Protect yourself. Make sure you and your family are protected against all viruses by getting vaccinated, wearing a mask, and washing your hands frequently.



Change your plans if you are feeling ill. If you are feeling unwell, reschedule plans with friends and family.



If you have severe chest pain, stroke symptoms or you are uncertain, always call 911 or go to the nearest Emergency Department.