

For Immediate Release

December 18, 2019

**Know Your Health Care Options During the
Holiday Season**

WINDSOR – As the holiday season approaches, it is important for everyone to be aware of the health care services available and to take measures that can help prevent illness, like the flu, or a medical emergency. This is especially true during the period of December 23 and January 3.

Erie St. Clair Healthline - www.eriestclairhealthline.ca - is an online listing of more than 1,800 programs and services available throughout the Erie St. Clair LHIN region. The site features a non-emergency medical services page that displays information including holiday hours, contact numbers, and locations for a variety of health care organizations including family health teams and community health centres. It also features pharmacies with extended hours and crisis intervention assistance.

Additionally, for anyone taking prescribed medications, it is important to ensure there is enough supply to get through the holidays. It is a good idea to get prescriptions refilled ahead of time or to visit a physician or nurse practitioner in advance for further direction, to avoid unnecessary delays to a person's medication plan.

There are also measures people should take to help prevent getting sick during the holidays. Proper handwashing is important to help stop the spread of germs, bacteria, and disease. Getting a flu shot can also help to protect oneself from contracting the virus.

Anyone experiencing a medical emergency should call 911 or visit the emergency department immediately.

LEARN MORE

- Call us at 1-888-447-4468 to speak with our Information & Referral team for details on which services are available over the holidays
- Call Telehealth Ontario at 1-866-797-0000 to speak to a registered nurse 24 hours a day, seven days a week
- Learn more about healthcare services near you at www.eriestclairhealthline.ca

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For more information, please contact Shannon Sasseville, Director of Communications, Public Affairs, and Community Engagement at 1-888-447-4468 ext. 7393 or at shannon.sasseville@lhins.on.ca