

Holiday Healthcare Checklist

EMERGENCY

Taking care of your healthcare needs ahead of time can give you peace of mind during the hustle and bustle of the holiday season. It may also help you avoid an emergency visit to the hospital.

Halton Healthcare has put together this holiday healthcare checklist to help you prepare:

- Know when your family doctor or nurse practitioner's office will be open and schedule any important medical appointments before the holidays.
- Locate your closest walk-in clinic and check their holiday hours.
- Know your pharmacy's holiday hours, renew your prescriptions before the holidays and find out about your pharmacist's expanded prescribing options.
- Update your medication list. You can find an example on our [website](#).
- Stock up your home emergency kit and first aid kit.
- Stock up on your medical supplies (including batteries) and make sure all medical equipment, such as inhalers, respirators and glucometers are in good working order.
- Get the flu shot and your COVID-19 vaccinations and follow all the COVID-19 precautions.
- Update your emergency telephone lists and include Health 811. Visit [Health 811](#) online or call 811 to access a Registered Nurse 24 hours a day, 7 days a week.

For more information about your healthcare options, visit our website at www.haltonhealthcare.com.

We wish you a healthy and safe holiday season.

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