

# Caring for you during the winter

## It's flu season and more people are visiting our Urgent Care Centre and Emergency Departments.

The best way to protect you and your family from the flu is to get your annual flu shot.

We encourage you to know your options in the community if you or a family member needs care during the winter.

### **FOUR TIPS** if you need to visit the Emergency Department

- 1 Bring all of your current medications
- 2 Bring a list of your doctors
- 3 Bring someone with you who can ask questions and take notes
- 4 Visit our website for construction updates and parking information ([www.trilliumhealthpartners.ca](http://www.trilliumhealthpartners.ca))



## Your health care options include:



### Family Doctor

For information on how to find a family doctor, contact **Health Care Connect** at 1-800-445-1822 or visit: [www.health.gov.on.ca](http://www.health.gov.on.ca)



### Online

For a list of walk-in clinics, physicians, and other health care options in the community visit [www.myhealth365.ca](http://www.myhealth365.ca)



### Phone

For free, confidential access to a Registered Nurse 24 hours a day, 7 days a week please call **Telehealth Ontario** at: 1-866-797-0000 (TTY: 1-866-797-0007)



### Urgent Care Centre

**For non life-threatening conditions that require immediate attention.**  
Open daily from 8am–10pm

**Queensway Health Centre**  
150 Sherway Drive  
Toronto, ON M9C 1A5  
T: (416) 259-6671



### Emergency Department

**For serious conditions that require immediate attention.**  
Open 24 hours 7 days a week

**Credit Valley Hospital**    **Mississauga Hospital**  
2200 Eglinton Ave. West    100 Queensway West  
Mississauga, ON L5M 2N1    Mississauga, ON L5B 1B8  
T: (905) 813-2200    T: (905) 848-7100