

For Immediate Release
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HEALTH ADVICE JUST A CALL AWAY WITH TELEHEALTH ONTARIO *Ontarians Can Save Time, Trip To Hospital Emergency Department*

TORONTO – During this busy holiday season, Ontarians can save themselves time and a trip to the hospital emergency department by calling Telehealth Ontario for many of their health care concerns.

“It’s important to remember again this year that you can get the right health care advice by calling Telehealth Ontario, and possibly avoiding going to a hospital emergency department or doctor’s office,” said Health and Long-Term Care Minister George Smitherman.

Telehealth Ontario is a free, confidential telephone service that connects you to a registered nurse, 24 hours a day, seven days a week.

When you call Telehealth Ontario, you will be asked to describe your symptoms and answer questions to best assess the seriousness of the problem. Nurses can help direct callers to the appropriate health care option – including taking care of yourself at home, seeing your doctor or going to your local emergency department.

To contact Telehealth Ontario for health advice or information, call 1-866-797-0000 (TTY 1-866-797-0007).

To stay healthy during the holiday season also remember these important tips:

- Get your free flu shot. This will help keep hospitals, and specifically emergency departments, available for real emergencies should you need them
- Make sure you have a sufficient supply of your regular medications as store hours are often reduced during the holiday season. If you need to go to the emergency department, bring a list of all your medications with you
- Wash your hands frequently and thoroughly
- Cover your mouth when coughing or sneezing, with a tissue or with your upper sleeve. Do not cough or sneeze into your hands.

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