

News Release

For Immediate Release
December 18, 2013

Make sure you “Feel Better Faster” this winter *Residents encouraged to know their health care options and take steps to stay healthy this winter.*

Oakville (December 18, 2013) – Local health care partners would like to remind residents of the full range of health care options available to them over the winter holiday season.

Mississauga Halton Local Health Integration Network ([LHIN](#)) in partnership with Mississauga Halton Community Care Access Centre ([CCAC](#)) has launched the annual [Feel Better Faster](#) winter holiday campaign developed in collaboration with primary care providers, community services, and acute care hospitals to make sure residents get the right treatment and at the right time and place.



Health care providers are working together through the Feel Better Faster campaign, strengthening communication among organizations so patients who need multiple levels of care – such as mental health services and community care – can get the help they need easier and faster; reducing wait times and avoidable emergency department visits.

Every holiday season thousands of people spend hours in the Emergency Department for injuries or illnesses that do not require emergency care. Sometimes this happens simply because people don't know where else to go.

Know your options

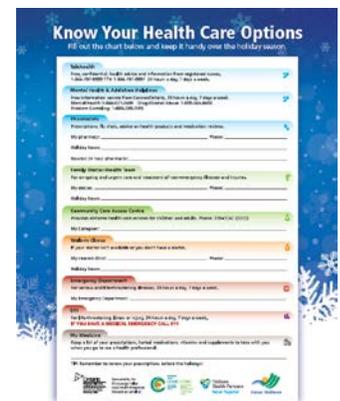
Your local health system offers a wide range of service options to help support your health care needs including your family doctor or health team, walk-in clinics, health care at home, community pharmacy, or urgent and emergency care services for example.

Know what your options are so that you can get the right help from the right health care provider when you need it.

Be prepared and save time for family and friends

To make it easier for residents to keep track of health services, the [FeelBetterFaster.ca](#) website now features a health care information sheet. Residents are encouraged to print it out, fill in their personal health care information, and keep it handy for when they need it. Look for the Health Care Information Sheet in your local community paper.

For information on which pharmacies, clinics, community health services and mental health services are open over the holidays, visit [FeelBetterFaster.ca](#).





Take steps to protect your health

Simple steps like getting a flu shot, ensuring you have all your prescriptions refilled before the holidays, and washing your hands can help residents stay healthy, so they can spend more time with their families. These tips to help residents stay healthier this holiday season are available at FeelBetterFaster.ca

QUOTES

“The Feel Better Faster community partnerships seek to promote access to care and reduce emergency wait times in the Mississauga Halton region. Knowing that you have care options over the holidays can help reduce your wait time for health services,” said **Graeme Goebelle, Chair, Mississauga Halton LHIN**. “If it’s not an emergency, you can often find care faster in the community instead of the hospital. The FeelBetterFaster.ca website is an excellent place to find information.”

“It can be difficult for people to find timely access to the health care and services they need over the holidays,” says **Caroline Brereton, CEO, Mississauga Halton CCAC**. “By checking out the feelbetterfaster.ca website, you will save time and have a healthier holiday season.”

“Trillium Health Partners receives over 250,000 visits to our emergency departments and Urgent Care Centre each year. The holidays are a particularly busy time for us,” said **Dr. Eric Letovsky, Chief and Medical Director, Emergency, Trillium Health Partners**. “Feelbetterfaster.ca is a wonderful tool for patients who require medical assistance over the holidays but are unsure where to get it. This collaborative effort between community partners helps to ensure that patients receive the care that they need in a timely manner, close to home.”

“Preparation goes a long way towards helping you stay healthy,” says **Dr. Kathleen Dooling, Associate Medical Officer of Health, Peel Public Health**. “Getting your flu shot and staying home if you are sick, will help reduce the spread of influenza in our community.”

“It’s important to know the various treatment options in the community, and the Feel Better Faster initiative is a great resource to provide people with options during the Holidays,” noted **Dr. Lorne Martin, Halton Healthcare Services, Chief of Staff**.

QUICK FACTS

Feel Better Faster Community Awareness Campaign

The Feel Better Faster community awareness campaign seeks to promote access to care and reduce emergency wait times. Messages emphasizing options are:

- If you have a serious illness or injury go to your closest emergency department or dial 911
- If you need non-emergency health care this holiday season – reduce your wait time and discover other health care options close to home
- Be prepared! Know your options for care over the holidays

1. Get a flu shot. Reduce your chances of getting the flu, help keep it from spreading, and protect vulnerable loved ones, young and old.
2. Wash your hands. Washing your hands correctly (or using an alcohol-based hand rub) helps protect you from disease and help prevent you from spreading disease to others.
3. Handle food safely. Keep raw meat, poultry and seafood separate. Always clean any surface they touch and your hands after handling them. Cook food to at least 165 degrees. Call us to fill barrels, and be sure to refrigerate leftovers within two hours.
4. Save your meals. There is a lot to eat and drink, but having too much can cause stomach aches, heartburn and in some cases, severe abdominal pain. Eat slower and have smaller portions. The leftovers will be there tomorrow.
5. Be careful in the cold. Winter weather can be great fun, but if you aren't dressed for it or used to it, you may end up needing medical help. Always dress for the weather, and don't over-exert. If you have a heart condition, ask someone else to shovel for you. Keeping your roads and driveways clear of snow and ice is important to avoid slip and fall accidents.
6. Moderate your alcohol intake. Too much holiday cheer affects your balance and your judgment, which can lead to accidents, drink moderately this holiday, and never drink and drive. Call a cab or have a designated driver if you need to travel.
7. Know where to find care. If you have a medical emergency call 911. For non-emergency medical care visit FeelBetterFaster.ca to learn the care options available in your area this holiday season. Fill in the form on the reverse of this page and put it where you can see it.

Have a safe and healthy holiday season!



Mississauga Halton Community Care Access Centre (CCAC)

The Mississauga Halton CCAC will provide patients with clarity about its services over the holidays and focused education for referral sources. It will also meet with clinic providers to discuss the likelihood of increased referrals during the holidays and provide information around nursing clinics, respite and short-stay alternatives over the holidays.

Mississauga Halton LHIN

The Mississauga Halton LHIN brings together health care partners from numerous sectors – hospitals, community care, community support services, community mental health and addictions agencies – to develop innovative, collaborative solutions leading to more timely access to high quality services for the residents of Ontario and the Mississauga Halton region. The Mississauga Halton LHIN is home to over one million people and serves the communities of Oakville, Milton, Halton Hills, Mississauga and South Etobicoke.

Feel Better Faster Community Partners

- [Mississauga Halton Community Care Access Centre \(CCAC\)](#)
- [Mississauga Halton Local Health Integration Network \(LHIN\)](#)
- [Trillium Health Partners](#)
- [Halton Healthcare Services](#)
- [Peel Public Health](#)
- [Halton Public Health](#)
- [MH LHIN Community Service Sector Providers](#)
- [MH LHIN Long-Term Care Homes](#)
- [Canadian Mental Health Association – Peel](#)
- [Canadian Mental Health Association – Halton](#)
- [Ontario Pharmacy Association](#) and our Local Pharmacies

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LEARN MORE

Read more about the Mississauga Halton LHIN at: www.mississaugahaltonlhin.on.ca

Read more about the Mississauga Halton CCAC at: <http://healthcareathome.ca/mh/en>

Learn about your health care options in Mississauga Halton: www.feelbetterfaster.ca .

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