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Managing Viruses
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URGENT CARE CLINIC

Saturdays 9:00 am to 3:00 pm
(walk-in 10:00 am to 2:00 pm)

Click [here](#) for essential information
regarding urgent care clinics.

CLINIC REMINDERS

Clinic Appointments with Provider

Please ensure you aim to arrive 15 minutes before your appointment. This will give you time to sign in at the kiosk and be ready for your healthcare provider.



Despite our best efforts, we may run behind as we strive to provide good care to all our patients. We do our best to be on time, but we appreciate your understanding if we are running late.

Virtual or Phone Appointments

A reminder to be available **30 minutes prior** and **30 minutes after** your scheduled *virtual or phone appointment*.

GETTING YOUR FLU SHOT

Flu shots are available **NOW**. We encourage you to get your flu shot.



Where can I get my flu shot?

@Toronto Western Family Health Team Garrison Creek Site: book your appointment [online](#)

@Toronto Public Health: TPH is operating [flu clinics](#). Check their [website](#) (www.myflushot.ca) to find and book a flu shot near you.

@Your Pharmacy: Regular and high dose flu vaccines are available at pharmacies for anyone over age 2. If your child is under 2, please book an appointment at our clinic online, as pharmacies cannot administer vaccines to anyone 2 and under.

Important Flu Shot Information

- ✓ BOOK your appointment **ONLINE**
- ✓ If you encounter issues or are unable to book your appointment online, call our clinic at 416-603-5888 and a receptionist will assist you
- ✓ DO NOT book an appointment for a flu shot if you are feeling unwell
- ✓ Let us know if you receive the flu shot outside of our clinic so we can update your records. Click [here](#) to update your records.
- ✓ If you have recently received your COVID-19 vaccine, you do not need to wait to receive your flu vaccine
- ✓ Check our [website](#) for frequently asked questions

Monthly Health Topic: Managing Viruses

Confused about COVID-19?

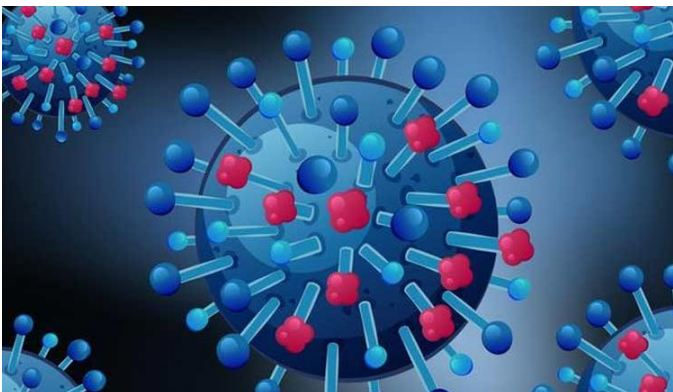
Many patients continue to ask what they should do if they have COVID-19. With COVID-19 rules changing, many people are confused about what they should do if they get COVID and *when contact your doctor or healthcare provider*. Family Doctors have come together to help you with all this confusing information!

Visit this [website](#) for details.



The "Confused about COVID? Family doctors answer your questions" series offers patients and the public trustworthy advice about protecting their health and how family doctors can help.

Let's Talk Viruses

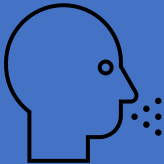


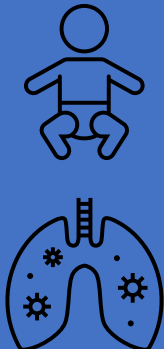


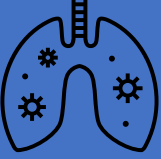


In addition to flu viruses, many other viruses spread during this season, including:

- Rhinovirus (common cold)
- COVID-19
- Respiratory Syncytial Virus (RSV)
- Gastroenteritis

These viruses cannot be treated with antibiotics.

Understanding Viruses and How to Manage Them

<i>Virus</i>	<i>Common Symptoms</i>	<i>Level of Infectivity</i>	<i>Managing Your Symptoms at Home</i>	<i>When to See a Doctor</i>
Common Cold 	Stuffy nose Sore throat Sneezing Cough Low-grade Fever	Less contagious	Drink plenty of fluids Rest and reduce activities Take pain medications:	Viral symptoms should be managed at home
Flu 	Body aches Chills Cough Fatigue Fever Headache Sore throat Stuffy nose	Contagious	acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for fever or body aches Cover your coughs and sneezes with a tissue and wash your hands often	Difficulty breathing (gaspings for air, shortness of breath, wheezing or trouble taking a breath in) Severe or worsening cough
COVID-19 	Body aches Chills Fever Fatigue Cough Diarrhea Nausea/ Vomiting Shortness of breath Loss of smell/taste Headache Stuffy nose Sore throat	More contagious	Stay away from others to keep from infecting them Wear a mask when around others	Dehydration from vomiting or diarrhea A fever that lasts more than 72 hours You have underlying health problems (like heart or lung disease) or take immunosuppressants
Respiratory Syncytial Virus (RSV) 	Runny nose Sneezing Cough Fever Wheezing	Very Contagious	Keep your child comfortable Offer plenty of fluids Give ibuprofen or acetaminophen for fever	<i>Take your child to the emergency if:</i> - your baby is under 3 months and has a fever - your child has trouble breathing - your child has lips that look blue - your child is no longer able to suck or drink

Virus	Common Symptoms	Level of Infectivity	Managing Your Symptoms at Home	When to See a Doctor
<p>RSV (continued)</p> 			<p>*DO NOT give over the counter cough and cold medicines for children under 6 years old</p>	<p>Take your child to see a <u>doctor</u> if your child:</p> <ul style="list-style-type: none"> - has had a fever for more than 72 hours - is not eating or is vomiting - is not having wet diapers
<p>Gastroenteritis in Adults</p> 	<p>Nausea Vomiting Diarrhea Stomach pain or cramps</p>	<p>Contagious</p>	<p>Drink plenty of fluids</p> <p>You may not feel hungry (this is okay!)</p> <p>Rest and reduce activities</p> <p>Take Gravol for nausea/vomiting</p> <p>Good handwashing</p>	<p>You have a fever</p> <p>You have severe stomach pain</p> <p>You have blood in your stool/ diarrhea</p> <p>You are not able to keep fluids down for 24 hours</p> <p>You are not urinating</p> <p>Your symptoms are not improving after 48 hours</p>
<p>Gastroenteritis in Babies or Children</p> 	<p>Nausea Vomiting Diarrhea Stomach pain or cramps</p>	<p>Contagious</p>	<p>Keep your child comfortable</p> <p>Offer plenty of fluids</p> <p>Good handwashing</p>	<p>Your child has a fever</p> <p>Your child seems tired or very irritable</p> <p>Your child is in a lot of discomfort or pain</p> <p>Your child has bloody diarrhea</p> <p>Your child seems dehydrated</p>

BE INFORMED

Climate Action + Healthcare
CASCADES

Thinking about how you can be **more climate friendly?**

Did you know that



100 doses of an aerosol puffer are equivalent to a **290** km car journey?

There are **greener inhaler options!**

Talk to your provider about whether any of these **greener options** might be right for you!

To learn more, visit cascadescanada.ca/yourinhaler

This project was undertaken with the financial support of the Government of Canada.



Talk to your health care provider about alternative inhaler options.

For more information visit cascadescanada.ca/yourinhaler or

HOW TO DISPOSE OF YOUR INHALER

7 out of 10 inhalers are thrown away before being empty.¹



When thrown into the garbage for landfill, inhalers release harmful greenhouse gases into the environment.²



Ensure that you are using your inhaler correctly and dispose of it when it is empty.



Ask your clinic or pharmacy to see if they have a recycling or disposal program.*



Do NOT throw them in your household garbage or recycling.



Returning your inhaler to be recycled or incinerated can save the equivalent of up to



8 litres of gasoline²

*If you live in British Columbia, Manitoba, Ontario or Prince Edward Island, visit healthsteward.ca to find what local pharmacies take back used inhalers.

1. Roome C, Bush D, Steinbach L, et al. (2021). 562 Reducing the environmental impact of inhaler use and disposal within paediatrics and the local community. Archives of Disease in Childhood, 106: A41-A42.

2. Wilkinson AJ, Braggins R, Steinbach L, Smith J. (2016). Costs of switching to low global warming potential inhalers: An economic and carbon footprint analysis of NHS prescription data in England. BMJ Open, 9(10).

Adapted with permission from Justin O'Connor-Cook, PharmD student, and Brenda Chang, Clinical Pharmacy Coordinator, at Unity Health.

This project was undertaken with the financial support of the Government of Canada. Ce projet a été réalisé avec l'appui financier du gouvernement du Canada.



Our Care

This project is rethinking the future of primary care. They are inviting Canadians to share ideas, hopes and priorities to create better healthcare for everyone.

Our Care

New perspectives and possibilities for primary care in Canada

If you are interested in learning more about this, visit their [website](#).

UHN Monthly Health Talk



Health Talk A free online session for patients, families, staff and community members



Low Back Pain

Topics

- What is low back pain
- Who is affected
- Signs of severe low back pain and when to call 911
- When an MRI or CT scan is needed
- When opioids can help

Presenters

- UHN Patient Partner
- **Dr. Andrea Furlan**, Pain Physician (Doctor), Toronto Rehab, University Health Network

Date and time

Tuesday, December 6, 2022

1:00 p.m. to 2:00 p.m.

Agenda

1:00 p.m.: Welcome

1:03 p.m.: Introduction of Presenters

1:06 p.m.: Presentation

1:41 p.m.: Question and Answer Period

How to participate



Watch the livestream on [YouTube](#). Go to <https://bit.ly/UHNHealthTalk-Dec2022> or click the QR code.

Submit your questions for the presenters on [Slido](#).

To register: Go to the [registration form](#) or call 416 603 6290.

For more information: Email pfep@uhn.ca or call 416 603 6290.

www.uhnpatienteducation.ca

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Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

[UHN Monthly Health Talk](#)

Health Education Programs

Join us for a free workshop:



Toronto Western
Family Health Team
Garrison Creek



CBT-i Group

Cognitive Behavioural Therapy for Insomnia

The goals of CBT-i are to help you fall asleep, stay asleep, and improve your daytime functioning and quality of life as a result of better sleep at night.

In this 4-week group you will learn:

- ✓ how to keep a sleep diary and calculate your sleep efficiency
- ✓ how to maximize your sleep efficiency
- ✓ sleep hygiene and stimulus control for better sleep
- ✓ how to manage stress and practice relaxation techniques for better sleep

Location	Virtual video meeting on Microsoft Teams
Dates	Wednesdays, November 23, November 30, December 7, and December 14, from 2:00 PM – 3:30 PM

To register, you must be able to commit to all 4 sessions. Please contact your family doctor to make a referral. We will contact you in November for a brief phone screen to assess eligibility.

Join us for a free workshop:



Toronto Western
Family Health Team
Garrison Creek

Nutrition for a Healthy Heart



Have you been diagnosed with high cholesterol or high triglycerides?

Do you want to learn about nutrition management?

In this 2-hour workshop you will learn:

- ✓ How to eat well and control high cholesterol levels through diet
- ✓ How to include the right kinds and amounts of fats in your diet
- ✓ How to increase the fibre content of your diet
- ✓ What the Mediterranean Diet is

Location	Virtual Class* on Microsoft Teams
Date	Thursday, December 8, 2022
Time	9:30 to 11:30 am

To register: [Click here](#)

*An internet connection is required for this class. You will receive an email with the link for this session prior to the scheduled date.

Smartphones & Employment Skill

An online project to build job seekers' smartphone skills

The Smartphones and Employment Skills project (2022-2023) is an online province-wide initiative funded by the Skills Development Fund designed to generate place-based leadership and solutions to help adults use smartphones to communicate, find information, job search, and participate in training or volunteer work. Managed by the Metro Toronto Movement for Literacy (MTML), the project team will deliver the following:



12 Unique Learning Modules

Develop and pilot 12 unique, culturally relevant smartphone and employment skills modules and learning activities.



Trainer's Guide

Produce an online trainers guide on smartphones as a tool for employment and workplace skills. The guide will be available for download on the MTML website.



Training for Service Providers

Train LBS and ES providers to use smartphones to deliver online training, including technical training and mental health tools and strategies for success.



Forum

MTML will host a province-wide forum for WD stakeholders on project learnings and research results.

Upcoming Training sessions:

Session 1: Oct 28, 2022 from 10 am- 12 pm. To pre-register, click:

https://us06web.zoom.us/join/joinMeeting/register/tZUqcu2orj0vGNd9L_qda3CHNosNGQb6KYR8

Session 2: Nov 8, 2022 from 1-3 pm. To pre-register, click:

<https://us06web.zoom.us/join/joinMeeting/register/tZlIc6qpjsjHtbOa5dJly3BCN9FzP99F-QT>

Session 3: Nov 29 from 12-2 pm. To pre-register, click:

<https://us06web.zoom.us/join/joinMeeting/register/tZMpfuvpjwHtPWW1inpVqvOOHSWSAwijUS>

Session 4: Jan 17 from 1-3 pm. To pre-register, click:

<https://us06web.zoom.us/join/joinMeeting/register/tZMsdOyrpjlEtIlg239cdbUmxTeVLF6aI6WI>

This Employment Ontario project is funded in part by the Government of Canada and the Government of Ontario.

Contact us

 Phone: 416 603 5888

 Website: twfht.ca

Location

Garrison Creek Site: 928 St. Clair Avenue West