

FAMILY MEDICINE/ URBAN FAMILY HEALTH TEAM – UPDATES

As we enter the second wave of the COVID-19 pandemic, we continue to wish you and your families much health and strength and thank you for continuing to do your part in preventing further spread in our community. Our team is committed to remain responsive to you and your families' health needs while minimizing the risk and exposure for our patients and staff. Here is an update from our team as of this

October:



The Flu vaccine is here!

The flu vaccine protects you against the influenza virus. To stay protected, we recommend that you receive the flu vaccine every year.

- Some flu related complications include: pneumonia, ear infections, and dehydration (which can be more severe in older patients)
- People at higher risk for flu related complications are:
 - age 65 and over,
 - children under the age of 5,
 - pregnant women,
 - those with chronic health issues such as diabetes, cancer, heart, lung, or kidney disease.

Please note that the FluMist nasal spray is not publicly funded for this year's influenza season.

You and the members of your family (aged 5 years and older) can get the flu vaccine at your local community pharmacy, including the high-dose flu shot for those patients aged 65 years and older. Call your pharmacy to see if they have the flu vaccine available and if you need to book an appointment to receive it.

Here are a couple of useful links that explain a bit more about this year's flu season:

<https://www.blogto.com/city/2020/09/flu-shot-2020-toronto/>

This is not an endorsement of any pharmacy mentioned in this post, any advertisements associated with the post or BlogTO itself.

<https://www.ontario.ca/page/flu-facts>

Our team will be having some pre-scheduled in-person flu vaccine clinics. To make an appointment in one of these clinics please call our office at 416-530-6860.

PLEASE NOTE: When we book your appointment, our clerical staff will share instructions for you to complete a form prior to the visit for yourself and for each of the members of your family that will be coming in to receive the Flu vaccine at our clinic. **In keeping everyone safe, should you (or your family) develop any COVID-19 related symptoms, prior to your appointment, you will have to reschedule.**

We ask that you please call us at either at 416-530-6860 to notify us:

- 1) if you get your flu shot elsewhere, so we can update your medical record, or
- 2) if you have moved to a different doctor's office for your health care.

A reminder about in-person Visits/Care:

Since we are limiting the number of patients coming in the clinics, it is extremely important that you attend your in-person appointment; please remember that a missed appointment or failure to advise of cancellations 24hrs in advance of your appointment will result in a \$40 charge.

If you think that you need an in person appointment, please call us to book a telephone or video visit first to discuss your concern(s).

If you come to an In-person appointment/clinic:

St Joe's is actively screening any person(s) entering the hospital for potential risk of COVID-19 to ensure the safety and well-being of our people and patients. We strongly encourage you to use the East Entrance when you come to your in-person appointment in Family Medicine during the day. If you come after 1600hrs, please use the Tranquility Entrance.

Any patient, and their family/essential care partners (ECPs) must pass the screening criteria at the entrance before they are allowed in the hospital. Patients under the age of 18 and/or requiring support due to mobility, cognitive, significant language barrier, intellectual/developmental disability are limited to one essential care partner (ECP), guardian or designated parent. While you are anywhere in the hospital, you (and your support person) will have to:

- 1) Make sure you are wearing a mask,
- 2) Use the hand sanitizer dispensers or wash your hands and
- 3) Keep physical distance (6 feet-2m apart) from others

To help keep everyone safe and to adhere to the occupancy limit of our waiting room, we ask that you do your best to arrive no earlier than 15 mins before your scheduled appointment time. We also ask that once registered you please stay in our waiting area, using the properly identified seats. One of our team members will come to get you whenever ready to see you.

Needing Info on COVID-19?

Please note that Toronto Public Health continues to be your best resource regarding any COVID-19 concerns or questions. Their frequently updated website can be accessed at: <https://www.toronto.ca/home/covid-19/>. Their phone number is 416-338-7600.

- Consult our website at <https://unityhealth.to/patients-and-families/coronavirus-information-for-patients-and-families/> .
- For parents with school aged kids – school screening go to:

https://covid-19.ontario.ca/school-screening/?utm_source=link.cep.health&utm_medium=urlshortener&utm_campaign=covid-pcat

We Are Here For You!

Should you have any questions or concerns about your health, please call us at 416-530-6860 Monday to Friday from 9:00 to 17:00hrs.

Here's to a healthy Fall season for all!

St Joe's Family Medicine/Urban Family Health Team



STOP COVID-19 NOVEL CORONAVIRUS

Do you have any of the following:

- Fever
- Cough
- Shortness of breath
- Sore throat
- Runny nose
- Feeling unwell

Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?

Have you returned from travel outside Canada in the past 14 days?

If you answered YES to any of these questions, go home & self-isolate right away. Call Telehealth or your health care provider.

TORONTO.CA/COVID19 TORONTO Public Health