

FAMILY MEDICINE/ URBAN FAMILY HEALTH TEAM – UPDATES

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.

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.

Here's how to get you Flu vaccine this year:

1) 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.

2) **Outdoor Flu Clinics – Hosted by the West Toronto Ontario Health Team** for families with children 6 months of age and older. **(No high-dose vaccine available)**

Bring your health card, no appointment needed. Here are the 2 dates and locations:

Saturday, November 6th, 9am- 3pm

At LAMP Community Health Centre, 185 Fifth St, Etobicoke OR

At Silver Creek Park 44 Strathdee Drive, Etobicoke

Saturday, November 13th, 9am- 3pm

At Riverside Diagnostic Imaging, 5 Junction Road, Toronto OR

At Humber Bay Park West, 2225 Lake Shore Blvd W, Toronto

3) Our team also has **pre-scheduled in-person flu vaccine clinics**. To make an appointment in one of these clinics please call our office at 416-530-6860 or 416-530-6947.

PLEASE NOTE: For patients with an email address on file, a consent form will be sent. We request the form be completed **PRIOR TO** your scheduled appointment in the Flu Vaccine Clinic.

If you have already received the flu vaccine elsewhere:

We ask that you please call us at either 416-530-6860 or 416-530-6947 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.

**In keeping everyone safe,
If you (or your family) develop any
COVID-19 related symptoms,
prior to your appointment, you will
have to re-schedule.**

COVID 19 – 3rd dose (Booster)

New information in regards for eligibility for the booster doses of COVID 19 has just been released. The following groups are now eligible for 3rd doses if at least six months have passed since receiving their second dose:

- Individuals 70 years of age and older (born in 1951 or earlier)
- Individuals who received two doses of the AstraZeneca or one dose of the Janssen COVID-19 vaccine
- First Nations, Inuit and Métis adults and non-Indigenous members of their households
- Health-care workers and designated essential caregivers in congregate settings (including long-term care and retirement home staff and designated caregivers).

Booster doses are being offered to these groups based on evidence of gradual waning immunity 6 months after receiving their second dose and a higher risk of severe illness from COVID-19.

Starting on Saturday, November 6 at 8:00 a.m., eligible individuals will be able to book their booster dose appointment through the COVID-19 vaccination portal <https://covid19.ontariohealth.ca/> or by calling the Provincial Vaccine Contact Centre, directly through public health units that use their own booking systems, through Indigenous-led vaccination clinics and select pharmacies. Hospital-based health care workers are encouraged to reach out to their hospital employer to get vaccinated directly through their hospital's vaccination program.

Our team will be sending out more information about how you can book your 3rd dose with us next week. At this time, we ask that you please do not call to ask about booking a 3rd COVID-19 vaccine dose appointment.

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 notify of a cancellation 24hrs in advance of your appointment may result in a \$40 charge.

Coming 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. All our patients must enter through either the Main Melnyck or the Gilgan (Tranquility) Entrances.

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. You (and your support person) will have to:



- 1-Wear a mask, which covers both nose and mouth, at all times
- 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 when ready to see you.

Please get in touch with us!

Should you have any questions or concerns about your health, please call us at 416-530-6860 or 416-530-6947 Monday to Friday from 9:00 to 17:00hrs.

St Joe's Family Medicine/Urban Family Health Team

