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COVID-19 Vaccine:

We realize the rollout of the COVID-19 vaccine has been confusing, with information changing almost daily. We are eager for you to receive the vaccine as soon as possible!

Here is what we know so far:

- We **have not** received vaccines at our clinic, and we will let you know if that changes.
- Please take the first vaccine offered to you. They are all amazingly effective at preventing severe disease, hospitalization and death.
- Carefully check the eligibility requirements:
<https://covid-19.ontario.ca/getting-covid-19-vaccine-ontario#phase-1>
- Please refer to the resources below about the vaccine roll-out and vaccine safety
- We ask that you please refer to these resources instead of calling the clinic. We need to keep our phone lines open for patients with immediate medical needs. **Please contact Toronto Public Health for general vaccine information rather than requesting an appointment with your Dr.**
Thank you for your understanding.

Vaccine Booking:

UHN COVID-19 Registry, click [here](#)

- For ages 75+ and high priority health care workers within UHN catchment area

Provincial Ontario Booking System:

<https://covid-19.ontario.ca/book-vaccine/> or call 1-888-999-6488

- See link for eligibility

Astra Zeneca Vaccine for ages 60 and older

<https://covid-19.ontario.ca/vaccine-locations>

Vaccine Safety & Other Vaccine Questions:

- UHN [website](#)
- TWFHT [website](#).

Toronto Public Health Hotline (8:30am-8:00pm)

Ph: 416-338-7600

TTY: 416-392-0658

E-mail: PublicHealth@toronto.ca

HEALTH TALK:

Let's Talk About the COVID-19 Vaccine

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

Topics

- How the vaccine can help prevent the spread of COVID-19
- Answers to common questions and concerns about the vaccine
- Resources at UHN and in the community that can help you learn more about the vaccine



Presenters

- Dr. Abdu Sharkawy, Internal Medicine and Infectious Diseases Physician, University Health Network
- Dr. Lisa Richardson, Internal Medicine Physician and Co-Chair of UHN's Indigenous Health Program, University Health Network
- UHN Patient Partner

Date and time

Thursday, March 25, 1:00 p.m. – 2:00 p.m.

How to participate

Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Mar2021> or use your smartphone's camera/QR code reader app to scan the code.


Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.



To register Go to <http://bit.ly/UHNHealthTalk-Register> 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



Toronto General
Toronto Western
Princess Margaret
Queen's Park
McLaughlin Institute

WE ARE ACCEPTING NEW PATIENTS who live within this catchment area:



Let your family members or neighbours know if they are looking for a family doctor.

They can register on our [website](#), or call us at **416-603-5888, ext. 2**

Your Availability for Virtual Appointments

As a reminder, we ask that you please **be available 30 minutes before and 30 minutes after** your scheduled virtual appointment with your provider.

- Similar to an in-person visit, your provider has appointments with other patients that day and it is often challenging to be exactly on time.
- Please wait at least 30 minutes for a call from your provider instead of calling reception. Thank you for your understanding!

Tips for a Successful Virtual Visit



A virtual visit is a meeting with your health care provider to discuss your health issues. This meeting may take place by phone, or video. Here are some tips for getting the most out of your visit:

1. When you book the appointment, ensure that you share your preferred method of communication.

- a. If you choose the phone, **then ensure your phone number is up to date.**
 - b. If you choose a video appointment, please make sure that you have the **appropriate technology** to join this type of visit.
You will need:
 - a web-cam enabled computer, smartphone or tablet with good quality speakers, a microphone and supported web browser
 - strong internet connection with wifi or data
 - an e-mail account
2. If your concern is urgent, you may want to book an in-person appointment instead of a virtual appointment. **If you are not sure how urgent your concern is, please ask to speak with a nurse.**
 3. Make sure that you are in a **private, quiet place** to participate in the meeting (for example, the car or grocery store is not ideal).
 4. **Be available for about 30 minutes before and 30 minutes after your scheduled visit time.** Similar to an in-person visit, your health care provider often has appointments with other patients that day. This sometimes makes it difficult to be exactly on-time.
 5. **Be prepared** with a list of your concerns and expectations, and share them at the beginning of your visit. Like an in-person visit, **virtual appointments with your physician last about 10-15 minutes.** Appointments with allied health clinicians may range from 30-60 minutes. If you run out of time, then your provider will ask you to book another appointment.
 6. As always in a teaching practice, **learners may be involved in your care.** They may participate in your virtual visit under the supervision of your main health care provider.

Prescription Requests:



- For prescription refills, please have your pharmacy fax the prescription to us: Garrison Creek Fax Number: 416-603-5059
- If you require a new prescription for a new medication or if your refill has expired, you must book an appointment with your physician

YOU CAN QUIT SMOKING!

Would you like to quit smoking?

Our family health team offers a **smoking cessation program** which supports smokers to quit successfully using the best proven treatments available.

What Should I Expect?

- Personalized counselling sessions and quit plan based on your needs.
- Ongoing support to help you quit
- Strategies to help you avoid smoking and manage stress
- How to use the right medications to help you quit.

To Register:

You can self-refer by calling 416-603-5888, ext. 3422 or register [online](#)

FREE INCOME TAX CLINICS

- The Community Volunteer Income Tax Program (CVITIP) is running virtually for the 2021 tax season!
- To be eligible for this program, individuals must have a modest income and simple tax situation. Click [here](#) for more information on eligibility criteria.
- UHN is partnered with **West Neighbourhood House's Financial Empowerment Program, which includes a free income tax clinic.** To register, contact: 416-532-4828 or feps@westnh.org
- Alternately, visit the [registry](#) to find a tax clinic near you




Contact us

 Phone: 416 603 5888

 Website: twfht.ca

Location

 Garrison Creek Site: 928 St. Clair Avenue West