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The Toronto Western Family Health Team continues to carefully monitor the developments of COVID-19. We are continually adjusting our process to ensure we can provide the maximum access to care, while keeping you and the team safe.

Please remain vigilant and continue practicing hand hygiene. Always wear a face mask when in public places or when around people who do not live in your immediate household.

Visit [Public Health Ontario](#) for up-to-date information on the virus.

COVID-19 Symptoms

School & Child Care Screening

- Click [here](#) for updated Ministry guidelines & screening tool












If you are experiencing symptoms, you may be eligible for a test at [COVID-Assessment Centre](#). Click on [link](#) for details.

Appointments at testing centers are now mandatory.

Certain [pharmacies](#) are also providing free testing if you meet these [criteria](#)

COVID-19 SCREENING

You will be screened for COVID-19 when you visit the clinic. See below for the screening questions:

Do you have?					
 A fever?	 Chills?	 Headache?	 Eye pain or pink eye (conjunctivitis)?	 Decrease or loss of sense of smell or taste?	 A runny or stuffy nose without another cause?
 A sore throat? Difficulty swallowing?	 Difficulty breathing? Shortness of breath?	 New or worsening cough?	 Nausea/vomiting, diarrhea, stomach pain?	 Unexplained fatigue, malaise or muscle aches?	
Yes <input type="checkbox"/>			No <input type="checkbox"/>		

Did you have close contact with anyone who had an acute respiratory illness?

Have you travelled outside of Canada in the past 14 days?

Did you have a confirmed case of COVID-19 or were you in close contact with someone who had COVID-19?

You will be allowed in the clinic for your appointment, even if you have symptoms. You may be asked to take extra safety precautions. You must wear a face mask at all times when in the clinic.

GET YOUR FLU SHOT:

Flu season is coming!

Ontario health experts are urging everyone to get their flu shot this year to prevent the health care system from being flooded with both influenza and COVID-19-related hospitalizations.



The flu shot is available at participating pharmacies (for ages 5 and older), [Toronto Public Health](#), and your doctor's office.

We encourage you to get your flu vaccine at your local pharmacy if possible. We will be offering flu vaccine clinics this year; however, it is best if you do not visit the clinic if the only reason is to get your flu shot.

Our onsite **flu clinics will start mid-October** and you will be able to book your appointment **online**.

If your child is under 5, please book an appointment at our clinic online, as pharmacies cannot administer vaccines to anyone 5 and under.

Please visit our [website](#) **from October 13th**, for the flu clinic schedule and more information on booking an appointment.

The flu shot is recommended for everyone 6 months old and older. It is:

- **safe** (including for [kids](#) and if you are [pregnant](#) or breastfeeding)
- **free**
- proven to **reduce the number of doctor visits**, hospitalizations and deaths related to the flu
- **different each year** because the virus changes frequently – so you need to get it every fall

The following are individuals at **greatest risk** of flu illness complications who should **receive a flu shot early**:

- Adults 65 years or older
- Children younger than 6 years old
- Pregnant women
- Individuals with chronic health conditions

Vaccines for children:

- Children from 6 months to 9 years old who are receiving their first flu vaccine ever should get 2 shots with a minimum interval of 4 weeks between shots.

*** Please do not book an appointment for a flu shot if you are feeling unwell. Patients coming to the clinic for a flu shot who have new symptoms will be asked to reschedule***

GRADE 7 SCHOOL VACCINATION PROGRAM



All school immunization clinics are suspended for the 2020-2021 school year. This includes vaccines for human papilloma virus, hepatitis B and meningitis.

- The Toronto Western FHT is working on a process to offer you these vaccines through our clinic. **This will not start until January 2021 due to current demands for the flu vaccine. We will send you details of how you can access these important vaccines in a future newsletter.**

If you wish to vaccinate your child before 2021:

- Students in grades 7/8 can still receive their vaccinations at **Toronto Public Health** later in October, by appointment only.
- Link to book appointment: www.tphbookings.ca
- Click [here](#) for more information.

PUBLICLY FUNDED SHINGRIX VACCINE

As of mid-October, the Shingrix vaccine will be publicly funded for adults 65-70 who did not previously receive publicly funded Zostavax II.

Adults who are turning 71 in 2020 or 2021, and missed getting vaccinated due to the COVID-19 pandemic, are eligible for 2-doses of Shingrix until December 31, 2021.

See information contained in this link for details:

https://www.toronto.ca/wp-content/uploads/2020/10/8e23-tph-shingles-update-2020_10_06.pdf

Other tips to avoid getting – and spreading – the flu



Wash your hands often

- even after getting the flu shot, washing with soap and water for at least 15 seconds helps keep the virus from spreading
- if soap and water are not available, use a hand sanitizer (gel or wipes) with at least 60% alcohol



Cover your mouth when you cough or sneeze

- use a tissue and throw it out rather than putting it in your pocket, on a desk or table
- if you don't have a tissue, cough into your upper sleeve



Don't touch your face

- the flu virus spreads when people with the flu cough, sneeze or talk and droplets enter your body through your eyes, nose or mouth



Stay at home when you're sick

- viruses spread more easily in group settings, such as businesses, schools and nursing homes



Clean (and disinfect) surfaces and shared items

- viruses can live for 24 to 48 hours on hard surfaces such as countertops, door handles, computer keyboards and phones

UHN Monthly Health Talk

HEALTH TALK:

Combatting Misinformation during COVID-19

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

Topics

- The importance of having reliable COVID-19 information
- What to look for when finding quality health information
- Resources at UHN and in the community that can help you learn more about COVID-19

Presenters

- Dr. Alon Vaisman, Physician, Infection Prevention and Control, University Health Network
- Lisa Cunningham, Library Technician, Patient Learning and Experience Centres, University Health Network
- UHN Patient Partner

Date and time

Thursday, October 29, 1:00 p.m. – 2:00 p.m



How to participate

Watch the livestream on YouTube.

Go to <https://bit.ly/UHNHealthTalk-Oct2020> or scan the QR code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>. We will try to answer as many questions as we can during the question-and-answer period. Please do not include personal details about your health or condition in your questions – this session is for general information only.

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



Patient Education



UHN
Toronto General
Toronto Western
Princess Margaret
Toronto East
Michael Bayne Institute

YOU CAN
QUIT
SMOKING!



SMOKING CESSATION:

Interested in quitting smoking?

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

Our smoking cessation counsellors are now offering in-person, phone or video appointments.

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:

Speak with your physician to request a referral.

FOOTNOTES!



Taking care of your feet is as important as looking after any other part of your body. Problems with your feet can lead to more issues so make sure to make foot health top of your list.

- Foot and ankle problems can arise in an instant or develop over a long period of time. Foot pain is never normal. Bearing the brunt of your entire body's weight, when your feet ache, your entire body aches.
- Whatever the cause is of your pain or discomfort, it's never wise to just ignore the symptoms. They rarely disappear, and in many instances will only grow worse as time passes.

- Considering the average adult takes approximately 10,000 steps a day, feet come under an enormous amount of pressure and stress.
- How often have you said to yourself “my feet are killing me”? The truth is your feet will take you the equivalent of 5 times around the world! That is a lot of walking.
- By looking after them now you will be able to continue living a normal active life doing the things you enjoy.

-Gavin Badyal B.Sc. D.Ch

Referral:

If you're suffering from foot pain, please speak with your physician about booking an appointment with our foot care specialist.

Contact us

 Phone: 416 603 5888

 Website: twfht.ca

Location

 Bathurst Street Site: 440 Bathurst Street, 3rd Floor