



ROSS MEMORIAL
HOSPITAL
Kawartha Lakes

Ross Memorial Hospital's Report to the Community It's Your Hospital

When to Seek Emergency Care

Don't wait to seek care. Visit the Emergency Department if you are experiencing any of the following symptoms:



**INFANT UNDER
3 MONTHS WITH FEVER
OVER 38.5C/101F**
or has a fever and is difficult to wake



SEIZURES



A BROKEN BONE
or wound requiring stitches



CHEST PAIN,
tightness in the chest



**DIFFICULTY
BREATHING**



CONFUSION
and disorientation



STIFF NECK
and sensitivity to light



**CONTINUOUS
VOMITING**



**SUDDEN SEVERE
HEADACHE, WEAKNESS,**
vision problems, numbness/tingling,
trouble speaking, dizziness



ABDOMINAL PAIN
or severe diarrhea with signs
of dehydration

If you are visiting the Emergency Department:

- Wear a mask at all times and do not bring food or drink
- Bring your health card and all of your current medications

Learn more at www.rmh.org

Accessing Healthcare This Holiday Season

Stay healthy this holiday season by following all public health guidance for our region, getting your flu shot and ensuring all of your prescriptions are up to date. If you do need to seek care, there are many options available to you. Start by contacting your primary care provider. Many primary care providers are offering telephone, virtual and in-person visits, depending on the nature of your health concern.

City of Kawartha Lakes Family Health Organization

After Hours Clinic: Lindsay Office (55 Angeline St. N.) (705) 328-9853

Dec. 24 6pm-9pm

Jan. 1 CLOSED

Dec. 25 CLOSED

Jan. 2 9am-Noon

Dec. 26-28 9am-Noon

Jan. 3-7 6pm-9pm

Dec. 29-31 6pm-9pm

City of Kawartha Lakes Family Health Team (doesn't include the doctor's offices)
Regular hours are Monday to Friday 8:30am to 4:30pm by appointment only.

Dec. 24 8:30am-Noon **Dec. 25-31 & Jan. 1-3** CLOSED

Kawartha North Family Health Team

Bobcaygeon Office (100 East St.)
(705) 738-5575

Fenelon Falls Office (50 Colborne St.)
(705) 887-3535

Office Hours:

Dec. 20-23, Jan. 4-7 8am-4pm

Dec. 20-23, 29-31, Jan. 4-7 8:30am-4:30pm

Dec. 24-Jan. 3 CLOSED

Dec. 24-28, Jan. 3 CLOSED

Tuesday Walk-in Clinics:

Dec. 21 4-7pm **Dec. 28** CLOSED

Friday Walk-in Clinics:

Dec. 24 & Dec. 31 CLOSED

Monday & Tuesday Lab Services:

Dec. 20-21, Jan. 4 8am-3pm

Dec. 27-28 & Jan. 3 CLOSED

Community Care City of Kawartha Lakes – Community Health Centre

Lindsay Office (152 Angeline St. N.) will be open to see registered clients on:

Dec. 23 8:30am-2:00pm

Dec. 31 8:30am-2:00pm

Dec. 24-27 CLOSED

Jan. 1-4 CLOSED

Dec. 28-30 8:30am-4:30pm

Jan. 5 8:30am-4:30pm

Please call to book an appointment (705) 879-4100 Option 1 or 1-800-461-0327

If you are unable to get an appointment at your primary care provider or after hours clinic, you can also access telephone and virtual care options for non-urgent health concerns:

Ontario Virtual Care Clinic

For non-urgent health concerns related to cold, cough or flu; allergies; women's health; chronic disease management; pain; rash; or medication questions, connect virtually to an on-call doctor by visiting:
www.virtualcarenow.ca

Telehealth Ontario

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.
Call toll-free: 1-866-797-0000

COVID-19 Assessment Centre at Ross Memorial Hospital

The Ross Memorial Hospital COVID-19 Assessment Centre continues to provide testing **by appointment only.**

To request an appointment, call **705-328-6217** and leave a message.

The centre is closed on:

Dec. 24-26

Jan. 1-3

Stay informed about the latest COVID-19 information:

For Ross Memorial Hospital COVID-19 information, including our Visitor Vaccination Policy, visit www.rmh.org/covid-19

For provincial COVID-19 information, visit www.ontario.ca/coronavirus

Exceptional Care – Together