

## West Carleton

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## Family Health Team

Welcome to the WCFHT December email update where we'll share with you upcoming clinic and community news and events that promote health and well-being. For the latest on virtual care, weekend urgent care, and our ongoing response to the COVID-19 pandemic, [visit our website](#).

From our family to yours, wishing all of our patients a safe, happy, and healthy holiday season!

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# Distress Centre of Ottawa and Region

The holiday season can be tough. The Distress Centre of Ottawa and Region is available 24/7 to answer calls from those reaching out for help, including over the holidays. Regardless of the issue, individuals are welcome to call the confidential, non-judgmental and open-minded telephone lines to talk about what they're facing in their lives. Call anytime at 613-238-3311

Distress Centre

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## COVID-19 Resource Round-up

### **Antiviral treatment (Paxlovid) for higher-risk individuals with COVID-19**

This is a reminder that treatment is available to help prevent serious illness from COVID-19 *if taken within 5 days of the start of symptoms*. Your risk of serious illness is based on your health, age, vaccination status and assessment from a healthcare provider. You might be at higher risk if you are: immunocompromised, 70 or older, unvaccinated or not up to date with boosters, or have a health condition such as diabetes, obesity, heart disease, hypertension, pregnancy, amongst others. If you are high risk and suspect you have COVID-19, visit a [clinical assessment centre](#) or talk to your pharmacist or doctor about Paxlovid *as soon as symptoms present*. [COVID-19 antiviral treatment screener](#).

### **Current guidance on testing, isolation, and when to seek medical attention:**

<https://dfcm.utoronto.ca/confused-about-covid>

### **Vaccination in children ages 6 months to 11 years:**

<https://www.oacas.org/publications-and-campaigns/maxthevax/>

**SickKids COVID-19 Vaccine Consult Service:** a free, confidential phone appointment with a Registered Nurse for any questions about the vaccine or support in helping you decide whether to vaccinate (lots of same day and next day appointments!):

<https://www.sickkids.ca/vaccineconsult>

**Booking a COVID-19 vaccination appointment:** <https://covid-19.ontario.ca/book-vaccine/> or call the Provincial Vaccine Contact Centre at 1-833-943-3900.

**COVID-19 West End Clinic:** The West Ottawa COVID-19 Clinical Assessment Centre is now open with full services. For more information or to book an appointment, visit:

<https://www.qch.on.ca/COVIDCareClinic>

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## Seasonal Flu Shots - Help us Update your Record

If you have received your annual flu vaccine at a location outside of the West Carleton FHT (eg. a pharmacy or public health clinic), please help us update your record by reporting your flu vaccine to us in the [Patient Portal](#). Once logged in, you'll see a link to report your flu vaccine (above the photo tiles). Still need to get your annual flu shot? [Visit Ottawa Public Health for locations](#).

*Patients with upcoming appointments can also receive their flu shot in our office at the time of their appointment, as vaccine availability permits or schedule an appointment in an upcoming immunization clinic.*

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## **Mental Health Support for Healthcare Workers**

Throughout the pandemic, the Ministry of Health and Ontario Health have partnered with five hospitals to provide mental health services to frontline health care workers. CAMH and their partner hospitals are currently providing access to mental health and addiction supports for these workers dealing with the stressors of COVID-19. CAMH is now expanding these supports to help health care workers maintain their mental health and wellness while coping with a wide array of stressors, including the pandemic OR other crises. These services include access to resources, Cognitive Behavioural Therapies (CBT/Psychotherapy) as well as Psychiatric Services.

Individuals who meet the following criteria are now eligible to self-refer for psychotherapy and psychiatric services:

- You are a health care worker in Ontario; and
- You require mental health and/or addictions support.

[More Info/Register](#)

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## **WCFHT Urgent Care Clinic**

The WCFHT urgent care clinic is for patients of the West Carleton FHT only. These clinics are not to be used for routine medication renewals or chronic problems. Clinic hours and booking instructions are [on our website](#).

### *After Hours*

When our office is closed, you have the option to speak to a [Health Connect Ontario](#) Nurse. They can answer your questions and help direct you to the appropriate medical care that you require. This service is accessible by calling 8-1-1 (TTY 1-866-797-0007)

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# 211 Ontario

211 Ontario is a free telephone helpline and website that provides information on over 60,000 community and government social services and programs.

They provide help for people experiencing illness, newcomers to Canada not knowing where to turn for help, support for people experiencing mental distress, hunger, unemployment, or just general information on recreation, older adult programs, youth centres, libraries and more.

Call 2-1-1 or visit their website for their comprehensive resource database.

[More Info](#)

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## 9th Annual Steel Toe Boot Drive

The Ottawa Paramedic Service is set to launch their ninth annual Steel Toe Boot drive in support of employment opportunities with [the Ottawa Mission](#). On a daily basis, the Ottawa Mission shelter receives several requests from clients in need of steel toe boots for work placement purposes. Until January 31st, men's and women's new/used steel toe boots and shoes can be dropped off in the front lobby of the medical centre. Boots of any condition and size will be accepted. Your donation is greatly appreciated!

Sincerely, Tracey Izzard (Community Paramedic with the WCFHT) & Nicole Lowden (Ottawa Paramedic)

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## West Carleton Food Access Centre: Christmas Program 2022

The West Carleton Food Access Centre, the "Food Bank" is once again organizing the annual Christmas Basket Program to help our neighbours and friends who need assistance at Christmas time.

### Need Help At Christmas?

If you find that you would like extra help this Christmas, and are a resident of West Carleton please contact the West Carleton Food Access Centre in strictest confidence at 613-832-5685. Leave a message with your name and contact number and a volunteer will return your call to make the necessary arrangements with you. Deadline for requests is December 19th, 2022. Packages must be picked up at the WCFAC site (5670 Carp Rd). You will receive further instructions when you place an order.

**For residents of the Ottawa area**, please contact the Ottawa Food Bank at (613) 745-7001 for assistance. <https://www.ottawafoodbank.ca/>

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## Introduction to Solid Foods Webinar

The Introduction to Solid Foods and Baby Led Weaning webinar developed by WCFHT's registered dietitian is now online! This 1-hour workshop covers everything you need to know about introducing solids to your little one, including:

- when and how to first introduce solid foods to your baby
- when specific foods and food groups should be introduced
- key nutrients of concern for growing babies
- tips for developing life-long healthy eating habits and avoiding picky eating
- how to make your own baby food (with take-home recipes)
- allergy guidelines
- baby led weaning

To watch the video or access the associated handouts and useful resources, visit our website!

[More Info/Register](#)

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Thank you for reading this update! If you have any questions or comments about **clinic** events, or are organizing your own (free) community health promotions event, please feel free to contact Talia at [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

Connect with us on **Facebook** and **Twitter** for updates on clinic and community programs and events as well as up to date information on local health advisories.

This e-mail has been sent to @, [click here to unsubscribe.](#)

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