

West Carleton

Family Health Team

Welcome to the WCFHT February 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, please [visit our website](#).

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Important: Virtual Care to Patients Located Outside of Ontario

The medical licensing body in Ontario has strict policies for providing medical care to patients situated outside of Ontario and varies by location.

OUTSIDE OF CANADA: These policies prohibit our healthcare providers from delivering care to patients located outside of the country. In other words, if you are located outside of Canada, our healthcare providers are legally unable to provide you with any form of virtual medical care or advice, including prescription renewals. Any form of virtual care to patients out-of-country is prohibited, including telephone, video, email, or portal

message.

OUTSIDE OF ONTARIO: If you are located outside of Ontario but within Canada, we MAY NOT be able to provide care, depending on your location and the nature of your issue.

QUEBEC: There is one exception to the above policy as it relates to patients situated in Quebec, but near the Ottawa area. Care can be provided, but must be delivered by a doctor (not a nurse practitioner or physician assistant).

We thank you in advance for your understanding and cooperation.

If you require immediate medical attention, please seek care locally.

Health Card Renewals - Deadline This Month

The Ontario government is reinstating renewal requirements for Ontario health cards and other products that would have expired in the last two years but were extended to provide immediate relief to Ontarians during the COVID-19 pandemic. Those needing to renew their provincial documents are encouraged to use Service Ontario's convenient and easy-to-use online option.

If your Ontario health card is expired, you have until February 28, 2022 to renew the card.

When you renew your health card, please provide us with the new *version code* (2 letters at the end of the number) and *expiry date* so we can update your file. This information is not sent to us automatically.

[Renew Online](#)

COVID-19 Clinic Update

With easing pressures of lower COVID-19 cases in the community, we are resuming our in office activities to a level consistent with the fall. This includes a return to in-office appointments for preventative care (such as pap clinics) and for chronic disease management (such as diabetes and congestive heart failure visits). We will continue to offer a hybrid approach of virtual and in-person care as appropriate. You will be informed when booking your appointment whether it will be virtual or in-person.

[Virtual Visits](#)

Confused about COVID-19 Guidelines? A New Tool Can Help!

With testing and isolation guidance changing, it can be difficult to know what to do if you've been exposed or have symptoms of COVID-19. A new tool created by the

you've been exposed or have symptoms of COVID-19. A new tool created by the Department of Family Medicine at the University of Toronto and the Ontario College of Family Physicians aims to provide straight-forward answers to questions including:

- I'm not feeling well, what do I do?
- How do I know if I have COVID?
- When should I call my doctor?
- I've been exposed to someone with COVID, what should I do?

The website is updated daily with new guidance from the government to ensure that Ontarians are able to access the most up to date information.

[ConfusedAboutCovid.ca](https://www.confusedaboutcovid.ca)

Ottawa Public Health - Community Resources

Ottawa Public Health COVID-19 Telephone Line: 613-580-6744

- This is a general information line about COVID-19
- Translation is available in multiple languages.
- Follow the prompts to the COVID-19 telephone line.
- TTY: 613-580-9656.

OPH COVID-19 Case Management Team: 613-580-2424, ext. 74224

- For specific questions about your COVID-19 exposure, or if you need a referral to local community health services.
- There are community health services that can provide mobile testing (at your home), rides to medical appointments, food, and cleaning supplies.
- Monday to Sunday, 8:30 am to 6 pm, please have your reference # ready.

Ottawa Public Health Voluntary Isolation Centre (VIC): 613-580-2424, ext. 25890 or email OPHisolationcentre@ottawa.ca

- The VIC is for people who do not have adequate shelter or cannot self-isolate safely in their own homes. The location is confidential, meals are provided, and the cost is free. You can refer yourself for this service.

For additional information about community, social, government and health services, the food bank, COVID-19 care clinics, financial support, and mental health resources, download the [Ottawa Public Health pamphlet](#).

COVID-19 Vaccines

If you are eligible and have yet to receive your first, second, or booster dose of the COVID-19 vaccine, please book your appointment at ontario.ca/bookvaccine or visit a participating pharmacy: <https://covid-19.ontario.ca/vaccine-locations>

Ottawa Public Health community clinics are now open for drop in

[More Info](#)

Beat the Winter Blues by Getting Active with Participaction

The latest Participaction newsletter features some great articles, including Move for your mood, New year, new habits, and 5 tips to help reduce kids' screen time. For motivation, the latest research or access to free exercise videos in partnership with the YMCA, visit their website below.

[More Info](#)

STI Screening Recommendations

Guidance from the Canadian Task Force on Preventive Care currently recommends annual screening for chlamydia and gonorrhea in sexually active individuals younger than 30 years of age. These are the most commonly reported sexually transmitted bacterial infections in Canada and are treatable with antibiotics.

If you are younger than 30 and sexually active, your doctor or nurse practitioner may offer screening for chlamydia and gonorrhea every year, even if you do not have symptoms. Screening can be done with a specific urine test or vaginal swab.

If you are younger than 30 and would like testing for these STIs, send us a portal message or ask at an upcoming appointment.

If you are at increased risk of infection (e.g., you have had a sexually transmitted infection, you have had unprotected sex, sex with multiple partners) or have further questions, feel free to book an appointment with your doctor or nurse practitioner.

[Patient FAQ](#)

MindBeacon Guided CBT for Mental Health

MindBeacon offers a full continuum of care for mental health – from prevention on through to evidence-based treatment for severe chronic conditions. MindBeacon supports include free mental wellness content and funded Guided CBT Programs.

MindBeacon's Guided CBT Programs helps patients develop the resilience and coping skills to better manage their mental health. Through readings, exercises and activities they learn and practice those new skills – and with the guidance of a dedicated therapist the entire way – they'll have the tools to make real, effective changes in their mental health. And there's no worry about travel time or keeping appointments – it's available

healthcare workers to be worry about travel time or keeping appointments - we available wherever and whenever they are, on any web-enabled device.

From Stress to Sleep, Anxiety to Alcohol Use, Panic to PTSD, we've got a program to help support your specific mental health concerns. It's also currently free to everyone in Ontario thanks to funding from the Government of Ontario.

[More Info](#)

Introduction to Solid Foods Group

Join WCFHT's registered dietitian in this online workshop that helps parents learn when, what and how to start feeding your baby solid foods. It is ideal to attend the workshop when your baby is 4 - 9 months, but other ages are welcome. Workshop if facilitated by Courtney Baskin, RD.

The next workshop is scheduled for: Thursday, February 17, 2022, 11:00 am - 12:15 pm - Online

For info or to register, email: cfowler@wcfht.ca

[More Info](#)

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 Ignacy at 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.



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