

## Resources

For seniors, persons with disabilities and people with underlying medical conditions, their families or caregivers can access delivery services by visiting Ontario community support association (OCSA) <https://www.ontariocommunitysupport.ca/>

### Support for Basic Needs

Visit London.ca:

<https://london.ca/supports-basic-needs>

### Community and Social Services Help Line

Call 211 or visit:

<https://211ontario.ca/>

## Clinic Hours

9:00am- 4:00pm  
Monday – Friday

Call 226-777-1988 to book an appointment.

To stay up to date follow our social media channels:

Webpage:

<http://healthzonenplc.com/>

Facebook:

<https://www.facebook.com/healthzonenplc/>

Twitter:

<https://twitter.com/HealthZone>

NPLC

For medical advice 24/7 and to avoid emergency room wait times, please call Telehealth Ontario at 1-866-797-0000

# 2022 Newsletter: July Edition



## Happy Summer!

With school ending, there may be more opportunities for outings with many local events around the city in July. It is a great time to be active and enjoy the public pools and splash pads, trails, and other activities. With the mask mandate being lifted it is important continue safe practices like staying home if sick or wear a mask in indoor public spaces, so we protect vulnerable members in our community. Have a healthy and active summer!

## Sunscreen Use

As we embrace the warmer weather and enjoy the summer, it is highly recommended to wear sunscreen every day you plan to step outside of your home. What to look for when picking a sunscreen:

- Use Sun Protection Factor (SPF) of 30 or higher 15-30 minutes before you step out and every 2 hours after when you are out
- If you can, use 'sport' and 'water resistant' sunscreen. When outdoors, it's best to cover up (wear sun shirt, sunhat, sunglasses, etc.) and apply sunscreen to exposed skin.
- Keep babies out of direct sun and heat. If outdoor for extended period seek shade to keep them protected
- Remember the UV rays are strongest between 11 am and 3 pm

Refer below to know the warning signs of heat exhaustion and heat stroke

KNOW THE SIGNS

HEAT EXHAUSTION	HEAT STROKE
Headache/ dizziness	Throbbing headache/ possible seizures
Anxious behaviour	Altered behaviour: Irritable, aggressive
Normal breathing	Rapid/ shallow breathing
Nausea/ vomiting	Nausea/ vomiting
Skin: Redder or paler than normal (Excessive sweating)	Skin: Dry, Red, Hot (No Sweat)

**How you can help**

- Remove the person from heat
- Loosen tight clothing
- Cool shower or apply cool towel to groin/armpits
- DO NOT DRY SKIN
- If person is alert, provide cool drink (small amounts at a time)

**CALL 911**

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- Loosen tight clothing
- Apply cool towel to groin/armpits
- DO NOT DRY SKIN

## Patient Advisory Council (PAC)

Health Zone NPLC would like to invite any patient who has been with us for over a year, to join the PAC. This is a patient driven committee to bring any concerns, suggestions and inputs to our clinic staff and board members to focus on ways to better serve you. Your Voice Matters!  
Call us today for more information!