

## **Don't crowd the ERs: Health officials**

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Radhika Panjwani - Mississauga News

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Peel Health is urging residents experiencing mild symptoms of flu to stay at home and recuperate and not crowd the emergency rooms in hospitals.

This week, Mississauga's two hospitals – Trillium Health Centre (THC) and the Credit Valley Hospital (CVH) –have reported as much as a 30 per cent surge in patients flocking to the ER with influenza-like symptoms.

Dr. Eileen de Villa, associate medical officer of health, said the hospitals should be used for emergency situations only and patients should visit their family physicians before making the trek to the local ERs.

“Despite the substantial increase in flu-related patient volumes, we are seeing very few who need to be admitted,” said Patti Cochrane, vice president, patient services and quality at THC. “We must maintain the community’s access to emergency and urgent care for people with other injuries or illnesses, so please try to see your family doctor or attend a walk-in clinic first.”

Health officials are asking residents to seek the advice of TeleHealth Ontario or their family doctor first and are recommending you visit the ER if:

You have difficulty breathing or have chest pain, have purple or blue discolouration of the lips, are vomiting and unable to keep liquids down and have signs of dehydration such as dizziness when standing, haven't urinated or have lack of tears when crying, seizures or are confused.

Peel Public Health is reminding residents that the H1N1 vaccine is not available in hospitals, but only through public clinics.

For more information contact: TeleHealth Ontario at 1-866-797-0000 or visit: [www.peelregion.ca](http://www.peelregion.ca).