



365 West Street, Simcoe, Ontario N3Y 1T7  
www.ngh.on.ca  
519-426-0130 Ext.6977

## MEDIA RELEASE:

For Immediate Release

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With several weeks of summer still to enjoy, Norfolk General Hospital Emergency Department is ready in case you need us... We want you to be ready as well!

Please make these 5 tips part of your plans to ensure a safe summer season for you and your family:

- 1) Sun safety – use sunblock and wear protective clothing. Stay hydrated.
- 2) Water safety – know the lake conditions when swimming. Some beaches have strong undertows.
- 3) Boating safety – most importantly use a personal flotation device (PFD)
- 4) Drive safely – don't be a distracted or impaired driver
- 5) Be aware of ticks and take precautions to prevent Lyme disease especially when on Long Point and in Turkey Point.

If you can help it, don't spend these sun and fun days with us.

And, one more point to keep in mind – Emergency Department peak times are between 2pm and 9pm daily with our heaviest volume days being Mondays and Fridays.

Have fun, play safe and if you do need to visit practice proper hand hygiene – Please Wash your Hands.

Gerry Hamill  
Communication Specialist  
519-426-0130 ext. 2454  
[ghamill@ngh.on.ca](mailto:ghamill@ngh.on.ca)

*“Our mission is to relieve illness and suffering, and help people live healthier lives.”*



Just Wash your Hands

