

MEDIA RELEASE:

For Immediate Release

December 9, 2016



Norfolk General Hospital Emergency Department and Norfolk EMS are ready for the holiday season... We want you to be ready as well!

Please make these 3 tips part of your plans to ensure a safe holiday season for you and your family:

- 1) Get your flu shot
- 2) Play and Drive safely
- 3) Make sure you have working smoke and Carbon Monoxide detectors

If you can help it, don't spend your holiday with us.

And, one more point to keep in mind - the Emergency Department peak times are between 2pm and 9pm daily with our heaviest volume days being Monday and Friday.

Best wishes,

Sarah Townsend Chief Norfolk County EMS and Kim Mullins Director of the Emergency Department at Norfolk General Hospital



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

