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MEDIA RELEASE:

For Immediate Release

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Summer in the ED

With the summer of 2018 underway, Norfolk General Hospital (NGH) Emergency Department is ready in case you need us... We want you to be ready as well!

The ED can be a busy place any time of year. With the July 1 Canada Day Celebrations, Friday the 13th Motorcycle Rally and all the summer happenings in Norfolk County, NGH will see more cottagers, out-of-town visitors and migrant workers. Many of the patients we see are treated for respiratory and cardiac conditions, along with broken bones, and cuts that require stitches.

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 and take it easy on extremely humid days.
- 2) Water safety – know the lake conditions when swimming. Some beaches have strong undertows.
- 3) Boating safety – avoid alcohol and most importantly use a personal floatation 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 11 am to 9pm daily with our heaviest volume days being Mondays and Fridays.

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

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

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