

## **CEO Update December 2017**

The Holiday Season is a joyous time of year, where we get to spend special time with our family and friends. As we all know, the Holiday Season is a very busy time and its important to ensure our safety and well-being. We, at Timmins and District Hospital, encourage you and your family to remain safe. Here are some tips I would like to offer you, to enjoy the Holiday season.

- \* Wash your hands often
- \* Stay warm
- \* Manage your stress
- \* Travel safely
- \* Prevent injuries
- \* Handle and prepare food safely
- \* Prevent fire hazards

With the Holiday season being here, we are more susceptible to spreading germs and catching the flu. It's not too late to get the flu shot. Vaccinations help prevent diseases and save lives. We encourage you to schedule a visit with your health care provider and ask what vaccinations you should get based on your age, lifestyle, travel plan, medical history and family health history. The Employee Health Department is still offering the flu shot; please call the office at extension 2174.

Sincere best wishes for a safe and joyous Holiday Season. Happy Holidays and Happy New Year to you and your family!

Sincerely,

Blaise MacNeil  
President & CEO