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| PREVENTING ACUTE ILLNESS |
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Overview:

Acute illness includes some of the commonest problems presented in walk in clinics/medical Centres, such as pneumonia, flu, urinary tract infections, sore throat, and shingles. Most of these acute illnesses are caused by infections from bacteria and viruses. Some illnesses are easily acquired in the community. For example, community-acquired pneumonia is when someone develops pneumonia in the community and not in a hospital. The bacteria and viruses that most commonly cause pneumonia in the community are different from those in healthcare settings.

Current Recommendations:

According to Centers for Disease Control and Prevention (CDC), most of these acute illnesses can be prevented by getting vaccinated, proper hand hygiene, and being aware of your general health.

Get Vaccinated: Get a flu shot every year to prevent seasonal influenza. The flu is a common cause of pneumonia, so preventing the flu is a good way to prevent pneumonia. There are several other vaccines that can prevent infections by bacteria and viruses.

Proper Hand Hygiene: Wash your hands frequently, especially after blowing your nose, going to the bathroom, diapering, and before eating or preparing foods.

Be Aware of your General Health: Good health habits such as a healthy diet, rest, regular exercise, etc. help people from getting sick from viruses and respiratory illnesses. They also help promote fast recovery when you do get a cold, the flu or other respiratory illness.

For more information on how to prevent acute illnesses follow this link to the website of Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/diseasesconditions/index.html>

Helping others achieve good health and prevent acute illness in our community:

Some acute illnesses can become chronic, which means that they last for a long time if not treated immediately. It is best to be prepared for this and to know how to handle it. Encourage people that are ill to talk to their doctor or visit a walk-in clinic as soon as they can to find out more about the illness, and how best to treat it.

Follow the links to read more about the acute illnesses included in the best health resource binder.

* + [Urinary Tract Infection](https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/uti.html)
  + [Sore Throat](https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/sore-throat.html)
  + [Shingles](https://www.cdc.gov/shingles/about/symptoms.html)
  + [Pneumonia](https://www.who.int/news-room/fact-sheets/detail/pneumonia)
  + [Influenza-(seasonal)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))
  + [Hand-hygiene](https://ipac-canada.org/hand-hygiene.php)

Brantford Resources:

The Mole Clinic

Skin care clinic

150 Brant Avenue

(519) 720-0180

Opens 9 a.m.

Website: <http://www.moleclinic.ca/>

Bonavista Medical Centre Brantford

Walk-in clinic

104-265 King George Rd

(519) 759-4060

Opens 9 a.m.

Website: <https://bonavistamedicalcentrebrantford.com/>

Blue Ridge Walk-in clinic

Walk-in clinic

595 West St #5

(519) 304-8984

Opens 9 a.m.

Website: <https://www.blueridgewalkin.com/>

Brantford Commons Medical Centre & Pharmacy

Walk-in clinic

Brantford Commons

300 King George Rd h4

(519) 304-8010

Opens 9 a.m.

Website: <https://brantfordmedical.ca/>

Brantford West Medical Centre

Walk-in clinic

West Brant Plaza

164 Colborne St W #2a

(519) 304-9200

Opens 10 a.m.

Website: <http://www.brantfordclinic.com/>

Grey Gretzky Medical Centre

Walk-in clinic

422 Grey St unit 2

(519) 759-7444

Opens 10 a.m.

Website: <https://www.greygretzkymedicalcentre.ca/>

Ontario Health Clinics - Brantford FHO

Medical clinic

40 Shellington Pl

(519) 753-9581

Website: <http://www.ontariohealthclinics.com/>

North Woodlands Medical Centre

Medical clinic

40 Shellington Pl #204

(519) 759-6116

Opens 9 a.m.

Website: <https://www.northwoodlands.com/>

Avenue Medical Centre

Medical clinic

221 Brant Ave

(519) 753-8666

Opens 8 a.m.

Website: <http://www.avenuemedical.ca/>

TRC Pharmacy Brantford/Victoria Park Pharmacy/clinic

Medical clinic

95 Darling St

(519) 720-0712

Opens 6:30 a.m.

Website: <http://www.towardsrecovery.com/>

Brant Community Healthcare System

Medical clinic

200 Terrace Hill St

(519) 751-5544

Open 24 hours

Website: <https://www.bchsys.org/en/index.aspx>

Secondary Stroke Prevention Clinic

Medical clinic

200 Terrace Hill St

(519) 751-5544

Opens 8:30 a.m.

Website: <https://www.bchsys.org/en/index.aspx>

St. Paul Family Health Network

Medical clinic

99 Wayne Gretzky Pkwy

(519) 756-6400

Charing Cross Medical Family Practice

General practitioner

124 Charing Cross St #1

(519) 304-8550

Opens 9 a.m.

Website: <http://charingcrossmedical.com/>

Constipation Clinic

Medical clinic

379 St Paul Ave

(519) 512-0030

Opens 10 a.m.

Website: <https://www.brantford-pediatrics.com/>

Brantford General Hospital

Doctor

200 Terrace Hill St

(519) 752-7871

Website: <https://www.bchsys.org/en/index.aspx>

North woodlands Medical Centre

Medical Center

40 Shellington Pl #204

(519) 759-6116

Website: <https://www.northwoodlands.com/>

Aberdeen Health Community Services

Medical clinic

347 Colborne St

(226) 250-3001

Terrace Hill Medical Centre

Medical Center

217 Terrace Hill St

Opens 8 a.m.

Grand River Community Health Centre

Community health Centre

363 Colborne St

(519) 754-0777

Opens 8 a.m.

Website: <http://grandriverchc.ca/>

St Paul Family Medical Center

Medical Center

99 Wayne Gretzky Pkwy

(519) 756-6400

Opens 9 a.m.