

MEDIA RELEASE



For immediate release

January 30, 2025

Sioux Lookout Meno Ya Win Health Centre is seeing an increase in respiratory and gastrointestinal symptoms?

To avoid long wait times, we ask the public to keep the emergency department for emergencies only. Please do not ignore your symptoms or avoid emergency care when needed.

Before going to the emergency department for concerns that are not life threatening, try virtual care options:

- Visit www.nwvirtualcare.ca or
- Call 1-888-684-1999

These services are open 12-8 PM, 7 days a week

To prevent the spread of illness, Northwestern Health Unit recommends the following:

- Stay home if you are ill
- Wash your hands frequently
- Cough or sneeze into your elbow
- Get plenty of rest and drink lots of fluids
- Get your flu shot – it's not too late
- If you are ill, do not visit people in hospitals or long-term care homes.

Working together to keep our community healthy,

-30-

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