



# Orientation to Ontario

## WELLNESS

Wellness includes physical, mental and social well-being. It means being free of illness and feeling good, but it also means having connections with friends, families and your community.

Here are some good habits to stay well.

**Sleep** - helps us prevent illness and manage stress. If we do not sleep enough, we cannot think clearly. Adults need approximately 8 hours of sleep; teens need 8 to 10 hours and children need 9 to 12 hours.

**Community Centres** – have low-cost programs that can help you stay active. There may be fitness classes or sports programs for people of all ages and abilities. These centres often have sports equipment and swimming pools available at a low cost or free.

### Healthy Diet and Exercise

A healthy diet gives us energy and helps prevent disease. Try to eat food you prepare yourself from fresh ingredients and avoid processed foods. Everyone needs regular physical activity to stay healthy.

### Food Banks

A food bank is a community program where people can get food if they do not have enough. Some food banks help with religious and other dietary needs. You will be asked to give your address and information about income and expenses.

### Avoiding Alcohol, Tobacco and Drugs

Alcohol and tobacco use is legal but not good for your health if used in excess. They can lead to physical, social and family problems if used excessively.

Many non-prescription drugs are illegal in Canada. Using marijuana will become legal later in 2018.

### Hygiene and Food Safety

Wash your hands often with hot water and soap as this helps to prevent illness and the spread of germs. Keep your kitchen clean and store food in the refrigerator or freezer to prevent food-borne illness.

**Treating Illness.**

Colds and flu are common in winter. If you feel sick, stay home and rest. If you are very sick for more than a few days, visit your doctor.

### Vaccines and Flu Shot

Vaccines (or immunizations) protect Ontario residents from diseases. Children must show their record of vaccinations when they attend school. Other vaccines are available from your doctor. The Ontario government encourages everyone to get a free “flu shot” each year to prevent the illness or reduce its symptoms.

## SEXUAL AND REPRODUCTIVE HEALTH

You can talk to your doctor or visit a sexual health clinic to discuss any sexual or reproductive problems. All services are confidential.

1-855-626-0002

<https://orientationontario.ca>



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Clinics offer information, counselling, testing and treatment. Some services include pregnancy tests, low cost or free birth control, free condoms and tests for sexually transmitted infections.

### Pregnancy

Women can choose to get care from either an obstetrician or a midwife, in addition to their family doctor. OHIP will pay for a midwife or an obstetrician, even if you do not yet qualify.

Women may also choose to abort or terminate their pregnancy. Abortion is legal in Ontario and paid for by OHIP. Visit a sexual health clinic or the Sexual Health Ontario website for more information.

### RESOURCES

Ontario Mental Health Helpline -  
1-866-531-2600 - [connexontario.ca](http://connexontario.ca)

Drug & Alcohol Helpline -1-800-565-8603

AIDS and Sexual Health InfoLine -  
1-800-668-2437

Food Banks - to find a food bank in your community, call 2-1-1

To find a sexual health clinic, visit Sexual Health Ontario at [sexualhealthontario.ca](http://sexualhealthontario.ca)

