

For Immediate Release:

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London Health Sciences Centre offers tips to avoid the Emergency Department on St. Patrick's Day

(LONDON, Ontario) – With St. Patrick's Day three days away, London Health Sciences Centre (LHSC)'s Injury Prevention Specialists share safety tips to avoid celebrating in the Emergency Department (ED).

"Last year 44 per cent of contributing factors leading to ED visits on St. Patrick's Day were falls. Whether these falls were slips or trips, we recognize that falls in general are preventable." says Kaitlyn Jacobs, LHSC Injury Prevention Specialist "While we don't know the specifics of what lead to these falls, we do know that St. Patrick's Day is synonymous with drinking. Being impaired can increase your risk of injury due to inhibition of coordination and judgement."

To celebrate safely, LHSC's Injury Prevention team offers the following tips:

- Monitor your alcohol consumption and ensure you're staying adequately hydrated. Alcohol and other drugs can impair one's reaction time, coordination, and their ability to make a good, safe decisions. This can increase your risk of injury.
- Before making a decision, recognize the potential dangers and consequences associated
- If celebrating the holiday outside of your home, ensure you have a safe ride to your destination(s). There is no reason to get behind the wheel if you are intoxicated.
- If you choose to walk home, ensure you are easily visible (especially at night)

"With restrictions loosening and predictions for nice weather, we anticipate Londoners will be excited to celebrate St. Patrick's Day this year," adds Kaitlyn. "Our hope is they follow these tips so they can enjoy it safely."

About LHSC

As one of Canada's largest acute-care teaching hospitals, LHSC is dedicated to providing exceptional patient care, while championing the spirit of medical advancement through teaching practices and breakthrough research. For 146 years, LHSC has been an integral part of the London community offering compassionate medical care for its people, as well as those across the Southwestern Ontario region, and the world. National and international medical firsts have been pioneered at LHSC, including the discovery of vinblastine and the use of cobalt radiation transforming the lives of people across the globe. Through collaborative partnerships with Western University and over 30 educational institutions, more than 1,800 health care professionals actively seek out training opportunities each year at LHSC, acknowledging the opportunity to work alongside some of Canada's top medical scholars. With more than 15,000 staff, physicians, and residents, LHSC is committed to achieving its vision '*Working together to shape the future of health*'. More information about LHSC can be found at www.lhsc.on.ca.

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