

For Immediate Release:**June 30, 2022****Children's Hospital offers tips on how to stay out of the Emergency Department this summer**

(London, Ontario) - With school out for the summer, Children's Hospital at London Health Sciences Centre (LHSC) is reminding parents and caregivers that trips to the hospital can be avoided, especially as pressures in the Emergency Department(ED) persist.

"The ED is currently experiencing high volumes, which is causing longer than normal wait times," said Dr. Rod Lim, Director of Paediatric Emergency Care at LHSC. "With summer vacation here, and kids being outside and more active, we recognize there is potential for increased injury. As much as possible, we want everyone to have a safe summer and avoid any unwanted trips to the ED."

Here are the top five current reasons for ED visits at Children's Hospital:

1. Injuries to the head
2. General infection concerns
3. Acute upper respiratory infections
4. Injuries to the elbow/forearm
5. Digestive/Abdomen

"There are some measures parents and caregivers can take to prevent common injuries from happening, including wearing a helmet while riding a bike, scooter or skateboard," added Dr. Lim. "Also, personal flotation devices are a lifesaver for children when they are in and around water and, last but not least, stay hydrated this summer, especially during really hot days."

LHSC staff are here 24 hours a day to help and appreciate the community's patience as we continue to address ED pressures.

In a medical emergency, dial 911 or go to an ED. For non-emergency care,

consider the following options:

- In-person, non-emergency medical care: [St. Joseph's Health Care London Urgent Care](#)
- Virtual, non-emergency medical care: [Urgent Care Ontario](#)
- Health-related advice from a Registered Nurse 24/7: Call Telehealth Ontario at 1-866-797-0000
- Find services in your community [online](#)

Dr. Lim is available for media interviews.

About London Health Sciences Centre

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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