

Health Unit Offices

Almonte
79 Spring Street
Unit #3, Compartment #13
Almonte, Ontario
K0A 1A0
(613) 256-1203

Brockville
458 Laurier Blvd
Brockville, Ontario
K6V 7A3
(613) 345-5685

Kemptville
2685 Concession Rd.
Kemptville, Ontario
K0G 1J0
(613) 258-5941

Smiths Falls
52 Abbott Street North
Unit 2
Smiths Falls, Ontario
K7A 1W3
(613) 283-2740

Gananoque
375 William St. S.
Suite 200
Gananoque, Ontario
K7G 1T2
(613) 382-4231

Health Action Line
1-800-660-5853

Website:
www.healthunit.org



If you have any questions
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Health Action Line and
ask for Lynda Earl.



Health Briefs

Information for a healthy workplace

Leeds, Grenville and Lanark District Health Unit

Winter 2006

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Food to fuel you through your night shift

Submitted by Meena Parameswaran, MAN, R.D., Public Health Nutritionist

Does working the night shift lead you to have abnormal eating patterns, unusual food choices, and low energy levels?

It may seem difficult to make healthy food choices when working shifts at odd hours, but with a little bit of planning you can be energized by the foods you eat.

Eating certain types of food can affect the way you feel. Some foods may make you sleepy and some foods may help you be more alert. Carbohydrates are an excellent source of energy and are also low in fat. However, eating a lot of high carbohydrate foods (breads, pasta, rice, etc) can make you sleepy, which makes them an excellent choice for a meal before bed. Protein-rich foods (meats, beans, nuts etc) help keep us alert, which makes them a good choice for meals and snacks eaten during an evening or night shift. Protein helps you feel full longer and gives your muscles fuel.

When planning meals before work and during your shift, aim for a moderate amount of carbohydrate and more lower-fat protein foods. This translates to choosing whole grains, fruits and vegetables along with low fat protein foods including meat, milk products and beans. Since large meals can also make you feel tired, smaller meals and snacks should be eaten during the night shift. Healthy choices are easy to make, even when you are eating from the cafeteria, using the vending machine, grabbing take-out food or munching in the car.

Some good meal and snack choices are:

- pita and hummus, cheese and a glass of milk
- salmon salad sandwich with yogurt and cheese
- chicken leg, whole wheat roll, vegetable soup, part-skim cheese and grapes
- pasta salad with vegetables and tuna
- bean burritos with cooked vegetables and salsa
- lean grilled steak with cooked vegetables and noodles wrapped in a soft tortilla shell
- vegetable soup with cheese and crackers

Snack on fruit and raw vegetable sticks to fuel muscles, help you feel full between meals, and avoid feeling sluggish throughout the night. To stay hydrated, choose water and avoid drinking a lot of caffeinated beverages such as coffee, tea, pop and energy drinks. Too much caffeine during a shift may prevent you from sleeping when you get home.

For more information on healthy eating and lunch ideas, call the Health Unit and ask to speak to a registered dietitian or visit our website at www.healthunit.org



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Do bugs need drugs?

*Submitted by Martina Flanagan B.Sc.N., R.N., Public Health Nurse and
Melinda Billett B.Sc.N., R.N., Public Health Nurse*

Test your knowledge about the wise use of Antibiotics.

- The best way to stop the spread of respiratory infection is:**
 - Handwashing
 - Isolation of sick people
 - Treating sick individuals with antibiotics
 - Wearing a mask around sick individuals
- Antibiotics work against viruses and bacteria:**
 - True
 - False
- Antibacterial soap is necessary for handwashing at home or in the work place:**
 - True
 - False
- Antibiotics work against which of the following respiratory infections:**
 - Laryngitis, croup, bronchitis
 - Colds, flu
 - Pneumonia, strep throat
 - None of the above
- Antibiotic resistance is when bacteria cannot be killed by an antibiotic:**
 - True
 - False
- During a cold, if a person has thick yellow or green discharge, it means he or she has a bacterial infection:**
 - True
 - False
- Once a sick individual starts to feel better, he or she can stop taking the prescribed antibiotics:**
 - True
 - False
- Antibiotics can be taken at any time of the day as long as the right number of pills are taken:**
 - True
 - False
- Any leftover antibiotics can be saved for the next time the individual gets sick:**
 - True
 - False
- Incorrect use of antibiotics can lead to the development of antibiotic-resistant bacteria:**
 - True
 - False

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Leeds, Grenville and Lanark District Health Unit

Winter 2006

LYME DISEASE

Submitted by Teresa Clow, C.P.H.I.(C), Public Health Inspector, Health Protection Department

The fall is a great time to enjoy a stroll out in the country and also marks the beginning of hunting season. **Staff of the the Leeds, Grenville and Lanark District Health Unit would like to remind those enjoying outdoor activities to be aware that they also share the great outdoors with ticks that can make them sick.** Ticks can carry several diseases such as Lyme disease. Lyme disease is caused by the bite of a black-legged tick infected with a bacteria called *Borrelia burgdorferi*. Lyme disease has been found in ticks along the north shore of Lake Erie, Long Point, Point Pelee as well as the Eastern Seaboard of the U.S.A. and New York State.

Recent field studies indicate that this tick has a presence in some locations of the 1000 Islands region of Eastern Ontario.

Steps can be taken to minimize your exposure to ticks.

Wear light coloured, long sleeved shirts and long pants tucked into your socks when walking in areas of long grass or vegetation. Insect repellents containing DEET help to repel ticks.

When you return from the outdoors, check your entire body thoroughly for ticks.

If you find an attached tick, remove it promptly using a pair of tweezers. Grasp the tick's head and mouth parts as close to the skin as possible and pull it straight out gently, but firmly. Avoid twisting or squeezing the tick during removal. Treat the bite area with an antiseptic. Keep the tick in a small container. Contact the health unit to arrange for identification of the tick and testing for the bacteria in the tick.

Watch for signs of infection following the bite.

Initial symptoms usually occur within one to three weeks after the bite, but can range from 3 days to one month.

**If you experience any of the following symptoms:
a red bulls-eye rash, fever, headache, muscle and joint pain, fatigue
and a skin rash, contact your doctor immediately and let your doctor
know when and where you were bitten by the tick.**

Early symptoms of Lyme disease may subside or disappear; however, without treatment, the disease can progress and affect the heart, nervous system and the joints.

For further information on Lyme Disease, please contact the Health Unit at 613-345-5685 or our Health Action Line at 1-800-660-5853 in Brockville, or 613-283-2740 in Smiths Falls.

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Health Briefs

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Leeds, Grenville and Lanark District Health Unit

Winter 2006

Why dads matter – Part 2: babies and beyond

Submitted by Fiona Dufour, R.N., B.Sc.N., Public Health Nurse

Your baby is home from hospital – now what?? As a father, you have a very important role. Your role can affect your child's future in a very positive way.

Being an involved father requires spending quality and *quantity* time with your children. The best way for you to get to know your new baby is to become involved in the baby's routine care.

This can include:

- ▶ diapering
- ▶ comforting
- ▶ breastfeeding e.g. offering support
- ▶ playing
- ▶ bathing

Research indicates that being an involved father has many benefits for an infant.

Your baby will:

- ▶ have a closer bond with you
- ▶ be more curious
- ▶ adjust well to new situations
- ▶ learn quicker and be smarter when they are as young as 6 months

Being *involved* has benefits for fathers also. Some include:

- ▶ more confidence as a father
- ▶ better understanding of child growth and development
- ▶ better health
- ▶ less trouble with the law
- ▶ stronger bond with your child(ren)
- ▶ happier marriage
- ▶ more community involvement i.e. coaching a child's soccer game

It is important to establish a support team. Your partner is your primary teammate. Attending baby groups with your infant is encouraged to further promote father involvement at the community level. Talking to other fathers will allow you to compare notes on issues that you are facing.

Contact our Health Action Line at 1-800-660-5853 to find locations of baby groups near you! Watch for "*Why dads matter: Part 3 – fathers and breastfeeding*" in a future newsletter.

Footnotes

Bader, E. & Cooper, N. *What A Difference a Dad Makes, 2nd Edition.* (2003), Family Transitions Consultants Inc. 42-3.

Daly, K., & Allen, S. (2002). *The effects of father involvement: A Summary of the research evidence. The Father Toolkit, 137.*

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Do bugs need drugs?

Answers

1. The best way to stop the spread of respiratory infection is:

a. Handwashing

Handwashing is the best way to stop the spread of respiratory tract infections. Eighty per cent of infections are spread by the hands. Also remember respiratory etiquette when coughing or sneezing.

2. Antibiotics work against viruses and bacteria:

b. False

Antibiotics only work against bacteria.

3. Antibacterial soap is necessary for handwashing at home or in the work place:

b. False

Antibacterial soap is not recommended for handwashing; it destroys the good, naturally occurring flora on the hands. Antibacterial soap may be used in critical care areas where invasive procedures are performed e.g. ICU.

4. Antibiotics work against which of the following respiratory infections:

c. Pneumonia, strep throat

Viruses cause laryngitis, croup, bronchitis, flu, colds and most sore throats. Antibiotics do not cure viral illnesses.

5. Antibiotic resistance is when bacteria cannot be killed by an antibiotic:

a. True

Bacteria are resistant to antibiotics, not YOU! Even people who have never taken antibiotics can become infected with antibiotic resistant bacteria from others.

6. During a cold, if a person has thick yellow or green discharge, it means he or she has a bacterial infection:

b. False

When a person has a cold, fluid from the nose starts out clear but turns thick yellow or green within 2-3 days. This does not mean it is a bacterial infection.

7. Once a sick individual starts to feel better, he or she can stop taking the prescribed antibiotics:

b. False

It is important to finish all prescribed antibiotics even if feeling better in order to kill all the bacteria. If some bacteria are not killed by the antibiotic, they may become resistant.

8. Antibiotics can be taken at any time of the day as long as the right number of pills are taken:

b. False

Antibiotics should be taken at the same every day following the directions on the bottle. Taking antibiotics irregularly may lead to bacteria becoming resistant to the antibiotic.

9. Any leftover antibiotics can be saved for the next time the individual gets sick:

b. False

The next time the individual gets sick, left over antibiotics should not be used. The infection may not be caused by the same bacteria or it may not be caused by bacteria at all.

10. Incorrect use of antibiotics can lead to the development of antibiotic-resistant bacteria:

a. True

References:

www.antibiotics-info.org "Antibiotic resistance: Emerging risks and the partnership solution," Healthcare Ontario

www.dobugsneeddrugs.org "Do bugs need drugs? A parent guide to the wise use of antibiotics."

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Leeds, Grenville and Lanark District Health Unit

Winter 2006

Pandemic Influenza: Part 1

Claire Farella, M.Sc.N., B.Sc.N., R.N., Public Health Nurse
Bonnie Erwin, B.Sc.N., R.N., Public Health Nurse

What is Pandemic Influenza?

Pandemic influenza occurs when a new influenza virus appears to which the human population has little or no immunity. This results in several, simultaneous epidemics world wide with enormous numbers of illnesses and deaths.



How does Pandemic Influenza Occur?

When **all four** of the following occur:

- A new influenza A virus is detected.
- Human-to-human transmission happens easily.
- The new virus causes serious clinical illness and death.
- The population has little or no immunity to the virus.

Ordinary Influenza	Pandemic Influenza
<ul style="list-style-type: none"> • Occurs every winter between November and April • Peaks for a few months during the winter and then declines • Affects 10% of population • Part of the population will have some immunity either because of previous exposure or they have been immunized with the annual flu vaccine. • Symptoms are unpleasant but most people do not become seriously ill or die • The very young, very old and people with certain chronic illnesses are most at risk • Can be prevented with annual vaccination 	<ul style="list-style-type: none"> • Occurs 3 times a century (approx every 30 years), Spanish Flu 1918, Asian Flu 1957 and Hong Kong 1968. • Occurs any time during the year • Occurs in 2 to 3 waves several months apart, each wave lasting 6-8 weeks • May affect 25% of population • More serious infections and deaths will occur • People of every age may be at risk • No vaccine available at beginning of pandemic, will take 6 months to develop • When available the whole population will be offered immunization • Antiviral medication may be used for treatment

What you can do?

Some basic measures that you can take to reduce your risk of infection during a pandemic:

- The **most important measure is to practice hand hygiene; frequent hand washing** reduces the risk of picking the virus up from surfaces and passing it on to others.
- Practice cough etiquette such as covering your mouth and nose when coughing or sneezing.
- Avoid large crowds of people when the pandemic is in your community.
- When vaccine is available, get immunized.

Part 2 continued on page 8



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Leeds, Grenville and Lanark District Health Unit

Winter 2006

Pandemic Influenza: Part 2

Submitted by Bonnie Erwin, B.Sc.N., R.N., Public Health Nurse

How will the pandemic affect the community?

- There will be high levels of influenza in the general population, as it will spread rapidly and very few people will have immunity.
- The virus is spread **directly** when infected people cough or sneeze and droplets of their respiratory secretions come in contact with the mouth, nose and eyes of another person and **indirectly** when people touch surfaces, objects or hands of others that the virus is living on. The virus can live on hard surfaces for 24-48 hours, on cloth, paper and tissue for up to 8 hours and 5 minutes on hands.
- There will be increased pressure on health care services due to serious illness and death.
- Economic and social disruption will occur.

Are we prepared?

- Canadian government has prepared a Federal Influenza Plan,
- Ontario government has prepared a Provincial Influenza Plan
- Tri-County of Leeds, Grenville and Lanark has prepared an influenza plan that links with both levels of government and with agencies within the community.
- Health care providers and community partners are being educated and trained how to respond to a pandemic and cope with the demands that are likely to be placed on them.
- The Canadian government is taking steps to be in the best possible position for a vaccine to be manufactured as rapidly as possible.
- The federal and provincial government are building a stockpile of antiviral drugs that will be used in the most effective way to treat those most at risk of serious illness based on how the disease develops.

When pandemic influenza reaches Canada there will be announcements in the newspaper radio and television and advice will be given on the best course of action to take.

What can you do?

Some basic measures that you can take to reduce your risk of infection:

- The **most important measure is to practice hand hygiene; frequent hand washing** reduces the risk of picking the virus up from surfaces and passing it on to others.
- Cough etiquette such as covering your mouth and nose when coughing or sneezing.
- Social distancing by avoiding large crowds of people whenever possible.
- When vaccine is available, get immunized.

Source:

Information obtained from Ontario Health Pandemic Influenza Plan (2005), Ministry of Health & Long-Term Care.



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Submitted by the Clinical Services Department

FREE Influenza Vaccination Clinics

2006

THE VACCINE WAS DELAYED BUT YOU CAN STILL RECEIVE THE VACCINE BEFORE THE PEAK OF THE FLU SEASON

November 13, 2006
Woodside Apartments
43 Centre St.,
Lansdowne
10:30 am - Noon

November 13, 2006
S.A.I.L. (Gananoque)
740 King St. W.,
Gananoque
1:30 pm - 3:00 pm

November 14, 2006
St. Michael Catholic
High School, 2755 Hwy 43,
Kemptville
2:30 pm - 7:30 pm

November 15, 2006
Naismith Public School
260 King St., **Almonte**
3:00 pm - 7:00 pm

November 16, 2006
St. John Catholic
High School
2066 Scotch Line Rd.,
Perth
1:00 pm - 7:00 pm

November 17, 2006
Prescott Health Centre
555 King St. W.,
Prescott
10:30 am - 12:30 pm

November 17, 2006
Cardinal Lions Club
Walter St.,
Cardinal
1:30 pm - 3:00 pm

November 20, 2006
County Fair Mall
Highway 29 S.,
Smiths Falls
Noon - 7:00 pm

November 21, 2006
1000 Islands Mall
2399 Parkedale Ave.,
Brockville
Noon - 7:00 pm

November 22, 2006
Pakenham Public School
109 Jeanie St., Hwy. 29,
Pakenham
3:00 pm - 6:00 pm

November 27, 2006
Rideau District
High School
251 Main St.,
Elgin
2:00 pm - 6:00 pm

November 28, 2006
South Grenville
High School
1000 Edward St. N.,
Prescott
1:00 pm - 7:00 pm

November 29, 2006
Carambeck
Public School
351 Bridge St.,
Carleton Place
1:30 pm - 7:30 pm

November 30, 2006
Athens High School
21 Church St.,
Athens
2:00 pm - 7:00 pm

December 1, 2006
Lyndhurst Public Library
414 Lyndhurst Rd.,
Lyndhurst
10:00 am - Noon

December 1, 2006
Front of Yonge Township
Community Centre
76 County Rd 5 S.,
Mallorytown
1:30 pm - 3:30 pm.

December 4, 2006
Lanark & District
Civitan Club
2144 South St.,
Lanark
3:00 pm - 7:00 pm

December 5, 2006
Gananoque Secondary
School, 175 William St. S.,
Gananoque
3:00 pm - 6:00 pm

December 6, 2006
Merrickville Public School
306 Drummond St. E.,
Merrickville
3:00 pm - 6:30 pm

December 7, 2006
Centennial '67/North
Edwardsburg School
7 Henderson St.,
Spencerville
4:00 pm - 7:00 pm

December 8, 2006
Smiths Falls
Health Unit
52 Abbott St. N., Unit # 2,
Smiths Falls
9:30 am - 3:00 pm

December 11, 2006
County Fair Mall
Hwy 29 S.,
Smiths Falls
Noon - 7:00 pm

December 12, 2006
1000 Islands Mall
2399 Parkedale Ave.,
Brockville
Noon - 7:00 pm

December 13, 2006
Rideau Vista
Public School
9921 Hwy 42, R.R. #2,
Westport
3:00 pm - 6:30 pm

December 14, 2006
South Branch
Public School
2649 Concession Rd.,
Kemptville
4:00 pm - 7:00 pm

December 15, 2006
Brockville Health Unit
458 Laurier Blvd.,
Brockville
10:30 am - 3:30 pm



For More Information, call the Health ACTION Line
at 1-800-660-5853 or 613-345-5685

