

MCA COMMUNITY HEALTH PROGRAM

NEWSLETTER

OUR MISSION

TSI NEN:WE
WA'KWARIHWAINAHKWEN
--- OUR FUTURE ---
--- OUR RESPONSIBILITY ---

OUR VISION

WITH A GOOD MIND IT IS OUR
RESPONSIBILITY TO PROTECT
AND EXERCISE OUR
INHERENT RIGHTS WHILE
CREATING SUSTAINABLE
PARTNERSHIPS AND
BUILDING A STRONG
COMMUNITY FOR FUTURE
GENERATIONS.

CONTACT US

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Find us on Facebook



@MCA Community
Health Program



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Is it time for your next COVID-19 booster?

Use the chart below if you have completed your primary series and are aged 5 and older.

Start

Have you received a booster dose since Sept 1, 2022?

No

Get your booster now.*

Immunity decreases over time and bivalent boosters protect against the newest circulating variants.

Yes

Do any of the following apply to you?

- Aged 65 and older
- Resident of a long-term care home, retirement home, elder care lodge, and other congregate living settings for seniors
- Aged 18 years and older living in a congregate care setting for people with complex medical care needs
- Pregnant
- Aged 18 and older and moderately to severely immunocompromised
- Aged 55 and older identifying as First Nations, Inuit, or Métis and non-Indigenous household members aged 55 and older

Yes

Get your booster at least 6 months after your last dose.*

Because of your risk factors, the protection you have may have decreased so you need a 'boost in protection.'

No

There is no evidence that you need another booster dose.

For most people, protection against becoming very sick from COVID-19 is long lasting so you do not need another vaccine dose right now. More recommendations will come for future doses.

Notes

* If you tested positive for COVID-19 (on a rapid home test or another test) OR had symptoms after being in close contact with someone you live with that had tested positive, you should wait 6 months before getting a booster dose. If you are not sure if you had COVID-19, get a booster dose.

IT'S TIME TO GET IMMUNIZED AGAINST TETANUS



WHAT IS TETANUS? Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment.



TETANUS INFECTION

Most individuals associate tetanus infection with rusty nails, but the bacteria that cause tetanus also live in dirt, dust and soil. Infection can occur from a minor scrape or puncture during gardening or renovation work, or from an animal bite.



GET IMMUNIZED

Being fully immunized is the best way to prevent tetanus. Tetanus vaccines are safe and effective, and are recommended for individuals of all ages, with booster shots every 10 years.



ARE YOU PROTECTED AGAINST TETANUS?

Publicly-funded immunization schedules for tetanus may vary between provinces and territories. Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.

For more information,
visit immunize.ca



Immunize
Immunisation **Canada**
immunize.ca

WHAT TO KNOW ABOUT STORING MEDICINE

JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



CURIOUS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



EVERY HOUR,

a young child is hospitalized, and



EVERY 12 DAYS

a young child dies.



THE RISK IS REAL: HOW FAMILIES CAN HELP PROTECT KIDS

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home so other caregivers can find it in an emergency.



Support provided by Johnson & Johnson Consumer Inc.

The general poison control number.

Health Canada has a new toll-free number, 1-844 POISON-X, or 1-844-764-7669,



Child Safety Checklist



Choose the **right car seat** for your child's weight, height and age.

- Keep children in **rear-facing seats as long as possible until the child has outgrown** the seat by height or weight.
- Teach your kids from a young age to **buckle up every ride, every car, every time**.
- Use and install your **car seat according to the directions**.
- A **properly installed car seat** should not move more than 1 inch when the base is tugged.



1 Watch kids around water. Keep **young children within arm's reach** of an adult.

- Enroll children in **survival swim lessons** and **learn CPR**.
- Install 4-sided fences** around home pools.
- Teach children that swimming in **open water is different** from swimming in a pool.
- Teach children to **wear life jackets**.



1 Install smoke alarms on every level of your home, inside bedrooms and near sleeping areas.

- Test alarms** every month. Create a **home fire escape plan** with two ways out of every room.
- Install **carbon monoxide (CO) alarms** and test alarms every month. In a CO emergency, leave your home immediately.
- Watch children around balconies and windows. **Install window guards** and **safety gates** on stairs to prevent falls.
- Save the Poison Help number** in your phone and post it visibly at home: **1-800-222-1222**. Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day.



Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat, and level surface in their own crib, bassinet or play yard.

- Choose a **firm mattress and fitted sheet** for baby's crib.
- Remove everything from the sleep environment except the fitted sheet**.
- Dress baby in a wearable blanket, onesie, or similar clothing to keep them warm**. A loose blanket could cover baby's airway or make their body temperature too high while they sleep.
- Share your room, not your bed, for the first year of life**. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.



Remind your child to wear a **properly-fitted helmet** when biking, skateboarding, riding a scooter or inline/roller skating.

- Check equipment**. Make sure your child's bike is the appropriate size and works properly.
- Teach your kids **the rules of the road**. Make sure they know proper hand signals, understand traffic signs and signals.
- Be sure your kids are seen** while riding. Wearing bright colors, using lights, and wearing reflectors will help them be seen.
- Teach kids to ride on the sidewalk when they can. If not, **ride in the same direction as traffic** as far on the right-hand side as possible.



What's
high on
your list?

SAFEEKIDSWEEK

Sun Safety Tips

- **Cover Up.** Wear light-colored, long-sleeved shirts, pants and a wide-brimmed hat made from breathable fabric. When you buy sunglasses make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun and heat between 10am and 4pm.
- **Use the UV Index forecast.**
- **Use Sunscreen (see below)**
- **Drink liquids (especially water).**

If sunny days are also hot and humid stay cool and hydrated to avoid heat illness.

Dehydration is dangerous and thirst is not always a good indicator of how often you should drink liquids.

DID YOU KNOW...?

In extreme heat, some medications may increase your health risk and/or make your skin more sensitive to UV rays. Talk to your health care provider if you have any questions about your medication.



SUN SCREEN

Tips



Choose a sunscreen with...

*CHECK THE EXPIRY DATE



...especially if swimming, towelling off, or sweating heavily

KEEP BABIES OUT OF THE HEAT & DIRECT SUNLIGHT whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING

KEEP BABIES WELL HYDRATED

Consider testing your sunscreen on a small patch of skin



If your skin develops a rash, becomes itchy, or otherwise reacts:



- Stop using the product
- Talk to your health professional if you have questions or concerns OR
- Choose a product with different ingredients

Canada.ca/sun-safety

For an ADULT

Use *about* 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

DON'T FORGET often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged)... Use a sunscreen lip balm to protect your lips, too!

Canada



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER SAFETY TIPS



TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.



STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

GET CERTIFIED

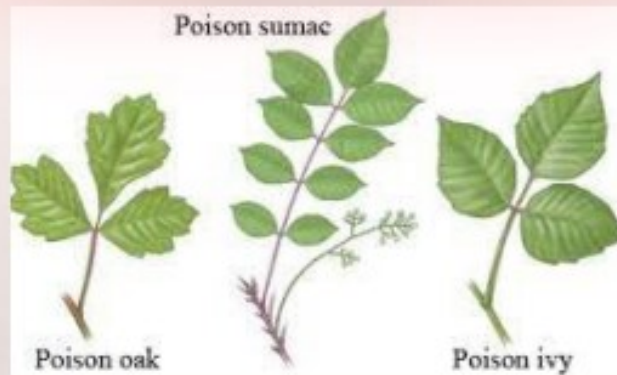
Become certified in infant and child First Aid and CPR.





CAUTION

Summer
2023



Giant HogWeed



Yellow Parsnip

While these plants may look pretty, they pack quite the punch of poisonous. We encourage practicing caution when your little ones are outdoors playing outside. Be aware of these plants and where they are located in your yard or play areas. Safely cutting down the weeds is the best way to prevent rashes and reactions to the plants.

Immediately rinse your skin with lukewarm, soapy water. If you can rinse your skin immediately after touching poison ivy, poison oak, or poison sumac, you may be able to rinse off some of the oil. If not washed off, the oil can spread from person to person and to other areas of your body.

Wash your clothing. Thoroughly wash all of the clothes you were wearing when you came into contact with the poisonous plant. The oil can stick to clothing, and if it touches your skin, it can cause another rash.

Lyme disease:

How to Avoid It

After a long year of confinement, it's time for walks, outdoor sports, and outings with friends. It's also prime season for ticks, which can be infected with infectious agents such as *Borrelia burgdorferi* bacteria, which causes Lyme disease. Here are some simple precautions you can take to keep ticks at bay.

Know The High-Risk Areas

Ticks generally live in damp, wooded areas. It's a good idea to find out which areas near you are most at risk before you plan an outing.

Where and when can you be exposed?

Blacklegged ticks live mainly in grassy, bushy, or wooded areas and they feed on a wide variety of birds and mammals, including humans, pets, and domestic animals. They are active from spring through fall, but ticks can be found in every month of the year if temperatures are above freezing.

Wear The Right Clothing

The goal is to prevent ticks access to your skin. Clothing that covers your body is best: long-sleeved shirts, pants, closed-toe shoes, etc. It's also a good idea to choose light-colored fabrics. It will be easier to find any ticks that may be hiding out.



Ticks and pets

Blacklegged ticks also pose a risk to dogs, cats, and horses. It is recommended to tell your veterinarian that your pet has been bitten by a blacklegged tick, and to discuss options for tick bite prevention. Use An Insect Repellent Insect repellents containing DEET or icaridin provide good protection against tick bites. They can be applied to clothing or directly to exposed skin. Check age recommendations before using permethrin-treated clothing on children.

Put Your Clothes in The Dryer

Ticks can't survive very high temperatures. Once you get home from your outing, put your clothes in the dryer for 10 minutes, whether you wash them or not. This will help kill any ticks you may have missed while visually inspecting your clothing.

Do A Body Check

When you get home from a nature walk, a full-body tick check is a must. Ticks like to hide in moist spots on the body, such as the folds behind knees, in armpits, between toes, and behind ears. Check these areas carefully for a black spot or a bump, telltale signs that a tick is present.

Take Shower

Water is an effective weapon against ticks that haven't attached to your skin yet. To be on the safe side, take a shower within two hours of being outdoors. Remove The Tick Properly Use a tick remover to pull the bug out. If you don't have a tick remover, use thin tweezers to grab the tick at the head, then slowly pull it out, without twisting. Whichever tool you use, don't crush the tick's abdomen, as this will increase the risk of contamination. Wash and disinfect the wound and your hands.

Watch For Symptoms

Despite all these precautions, tick bites often go unnoticed and you're never completely safe from infection. Lyme disease generally responds well to treatment... but only if it's diagnosed! In 80% of cases, Lyme disease manifests as a telltale rash called erythema migrans. If you're part of the other 20% and have been in a tick-infested area, you'll have to watch for other, commonplace symptoms, such as fever, fatigue, or headaches.

Note: We are accepting all ticks at MCA Community health program. It doesn't matter if they were feeding, attached to a pet or a human etc.

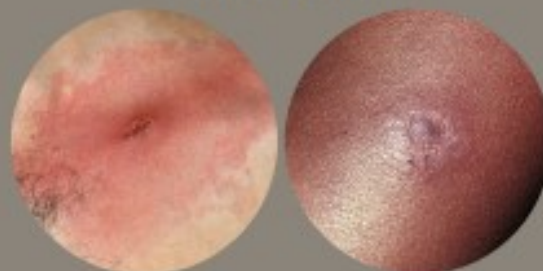
For more information about Lyme disease and its testing: please contact MCA Community health program at 613-575-2341.

The Many Forms of Lyme Disease Rashes (Erythema Migrans)

Faint colors and borders



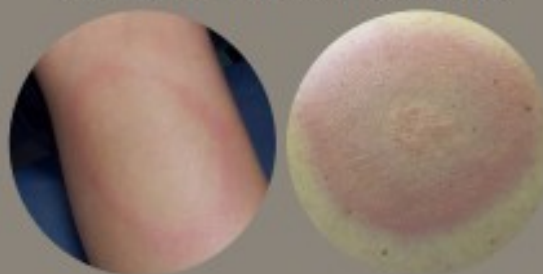
Crusted centers



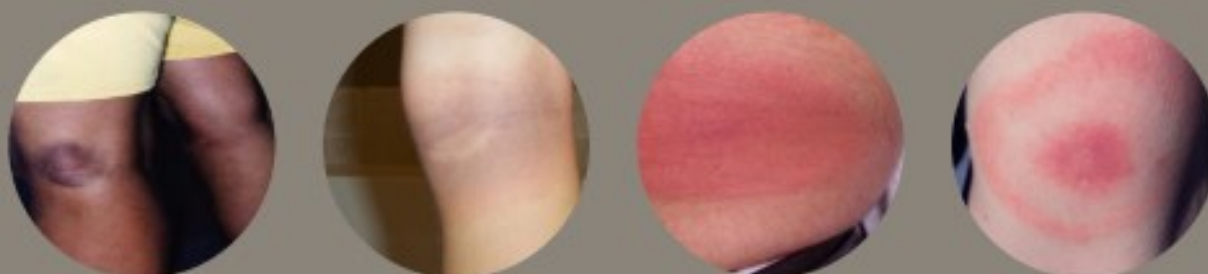
More than one rash



Different shapes and colors



Appearing anywhere on the body



Most people with Lyme disease develop an erythema migrans rash at the site of the tick bite. The rash usually expands slowly over several days reaching up to 12 inches or more (30 cm) across. **However, not all rashes are a sign of Lyme disease.** The redness in the picture to the left is caused by irritation to the tick bite — not a tickborne infection.

Photo credits (from top, left to right): 1. Centers for Disease Control and Prevention; 2. Courtesy of Dr. Gary Wormser, New York Medical College; 3. ©DermAtlas, Bernard Cohen. Used with permission; 4. Reprinted from Shkale C, Shevitz BA. Lyme disease: Part 1. Advances and Perspectives. Am Acad Dermatol 2011;64:619-36, with permission from Elsevier; 5. ©DermAtlas, Bernard Cohen. Used with permission; 6. Courtesy of Vermont Department of Health; 7. ©DermAtlas, Taryn Holman. Used with permission; 8. ©DermAtlas, Yevgeniy Balagula. Used with permission; 9. Courtesy of New York State Department of Health; 10. ©DermAtlas, Robin Stevenson. Used with permission; 11. ©DermAtlas, Alison Young. Used with permission; 12. Centers for Disease Control and Prevention, <http://phil.cdc.gov/phil>




Learn more about Lyme disease symptoms at
www.cdc.gov/lyme/signs_symptoms



HOW TO CHECK FOR TICKS


Canada.ca/LymeDisease

Public Health Agency of Canada / Agence de la santé publique du Canada




HOW TO REMOVE A TICK

01




Use clean fine-point tweezers to slowly pull it straight out.

02



Wash the bite area with soap and water or an alcohol-based sanitizer.

03

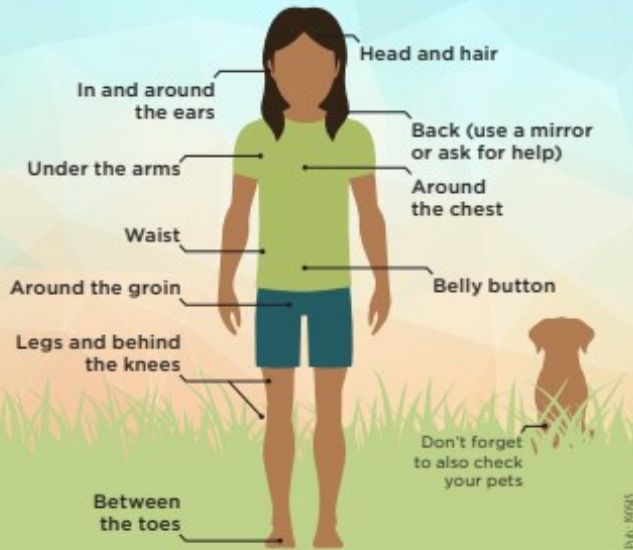


Contact your health care provider if you are not feeling well.

For more information, including detailed tick removal steps, visit Canada.ca/LymeDisease

DO A DAILY TICK CHECK

When you return from outdoor activities, check your entire body, especially:

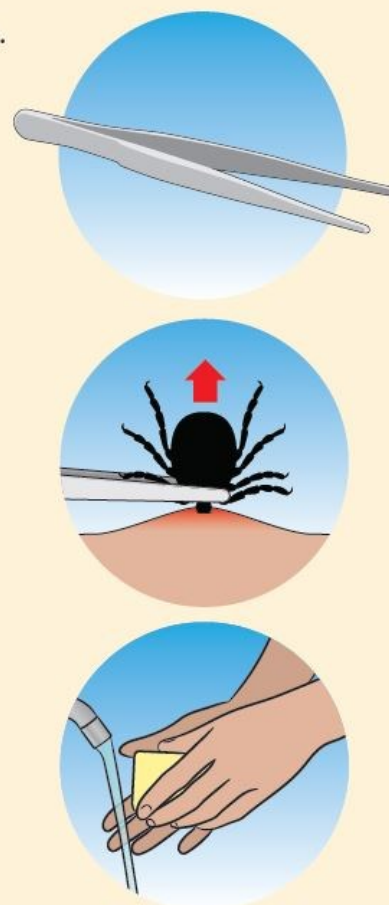


Pub. 80945

Tick removal

If you spot a tick on your skin, remove it as soon as possible.

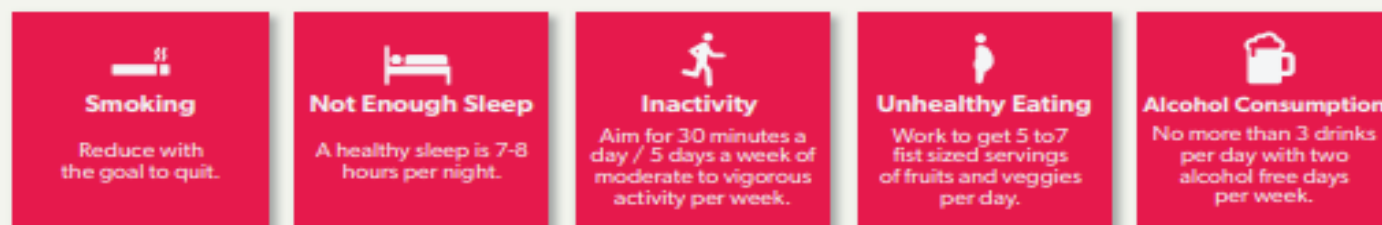
1. With a pair of tweezers, grasp the tick as closely as possible to where it entered the skin.
2. In a slow, gentle, yet firm motion, pull out without twisting, until the tick's mouth lets go. **DON'T SQUEEZE THE TICK.** If any parts remain, a doctor can remove them.
3. Wash your hands and the site of the bite with soap and water, and disinfect the site.
4. If you believe the tick was attached for more than 24 hours, consult your healthcare provider.
5. Watch for symptoms of Lyme disease, including flu-like symptoms and/or a rash that looks like a red bull's eye. If you have symptoms, seek medical attention and advise your healthcare provider that you have been bitten by a tick.



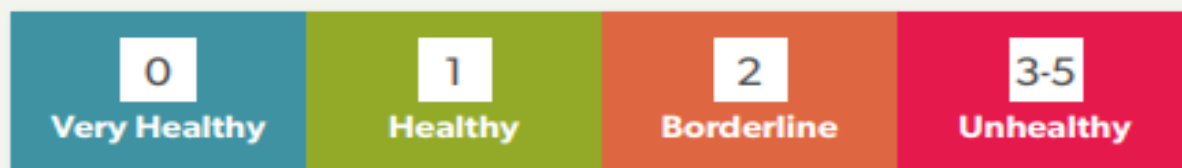
WHERE DO YOU STAND?

How healthy are you?

What are the unhealthy behaviours?



How many unhealthy behaviours do you have?



Here's how you compare to Canadian men:



It all begins with small, simple steps. Try something as easy as this:



Eat breakfast like a champion. A hearty serving of oatmeal and eggs prevents hunger pangs before lunch. The same can't be said for sugary cereals, which add to your waistline and can increase the risk of type 2 diabetes.

For more tips on little changes making a big difference visit: DontChangeMuch.ca, Where Guys Go to Get Healthy.

Source: Available upon request



Canadian Men's Health Foundation (CMHF) is a national, not for profit organization. Our mission is to inspire Canadian men to live healthier lives. CMHF envisions a nation where men actively care for their health, and Canadian society values the final piece of the family health puzzle.

DONTCHANGEMUCH.ca
Where guys go to get healthy

7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

 **70%** is controllable through lifestyle.

Men live **9** years in poor health, mostly preventable by making small lifestyle changes.



MENTAL HEALTH

Inactive men are **60%** more likely to suffer from depression than those who are active.

DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

7-8 HOURS



SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.

NUTRITION

Getting your 5-7 servings of fruit and veggies is as simple as 1 apple, ½ an avocado, 1 stalk of celery, ½ a grapefruit, 5 pieces of broccoli.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.



DontChangeMuch.ca
MensHealthFoundation.ca

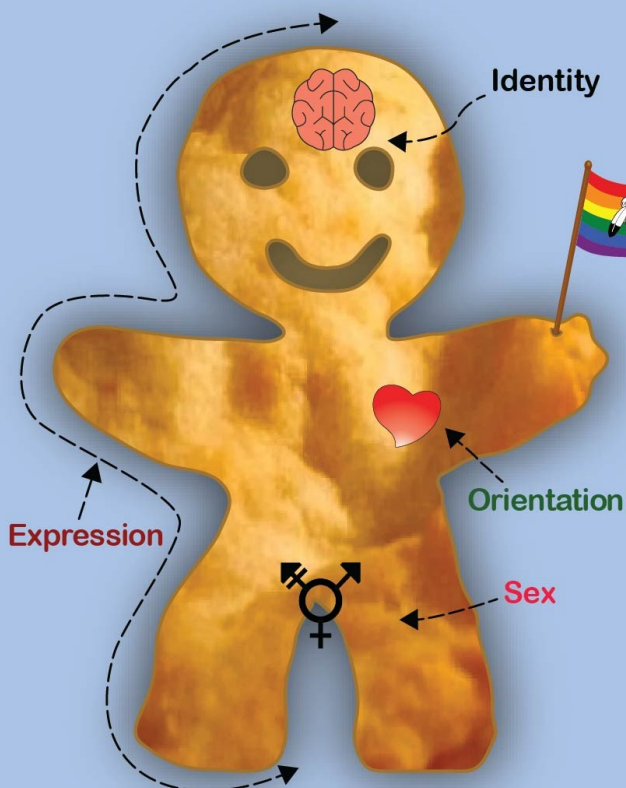
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JUNE is PRIDE MONTH



The Gender Fry Bread Person



Gender Identity

Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g. hormonal levels) and how you interpret what that means.



Gender Expression

Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.



Biological Sex

Female Intersex Male

Biological sex refers to the objectively, measurable organs, and chromosomes Female = vagina, ovaries, XX chromosomes; Male = penis, testes, XY chromosomes; Intersex = a combination of the two.



Sexual Orientation

Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.



An Annual LGBT Pride Celebration

Every year, during the month of June, the LGBT community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognizing the influence LGBT people have had around the world. Why was June chosen? Because it is when the Stonewall Riots took place, way back in 1969.

What were the Stonewall Riots?

The riots were prompted by a raid that took place during the early morning, at the Stonewall Inn in Greenwich Village, Manhattan. The LGBT community held a series of spontaneous, often violent demonstrations to protest against the raid and calling for the establishment of places that gays and lesbians could go and be open about their sexual orientation. In such places there should be no fears of being arrested. The riots served as a catalyst for the rights of LGBT people, and within 6 months, 2 gay activist groups had formed in New York. Over the years since the event, many gay rights organizations have been formed. Not just in the US but around the world.

What is LGBT or Gay Pride?

It is a movement that celebrates sexual diversity. For lesbian, gay, bisexual and transgender (LGBT) people it is a way of protesting about discrimination and violence. It promotes their dignity, equal rights, self-affirmation and is a way of increasing society's awareness of the issues they face.

Daily DIABETES FOOTCARE HABITS

How diabetes affects your feet and what you can do to keep your feet healthy.



A Step Toward Good Health.

- 1 Wash your feet in warm water every day.



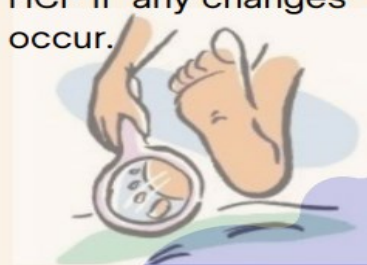
- 2 Dry your feet, especially between the toes.



- 3 Keep the skin soft, with lotion, but do not apply between the toes.



- 4 Inspect your feet for cuts, bruises, blisters, and swelling. Contact a HCP if any changes occur.



- 5 Book an appointment with your foot care professional.



- 6 Wear clean socks and well-fitting shoes.



DIABETES

Diabetes can effect circulation to the feet. Nerve damage in these areas can cause a loss of sensation, which can lead to injury.



HOW CAN WE HELP YOU

MCA Community Health Program Diabetes Services offers foot care appointments by a foot care nurse for those individuals living with diabetes.

GET IN TOUCH

**MCA Community
Health Program:
Diabetes Services**
(613)-575-2341 ext. 3247

SOCIAL MEDIA:

Facebook
@MCA Community
Health Program



FOOT HYGIENE

Effective tips to establish a healthy foot care habits

Wash your feet with warm water



Avoid water that is too hot

Dry your feet



it is important that the skin in between the toes are dry.

Keep the skin soft with lotion



Avoid applying lotion between the toes.

Inspect your feet daily

Take note of any cuts, bruises, blisters or swelling. Contact your Health Care Provider if any changes occur.



Book an appointment

Appointments can be made with a Foot Care Professional.



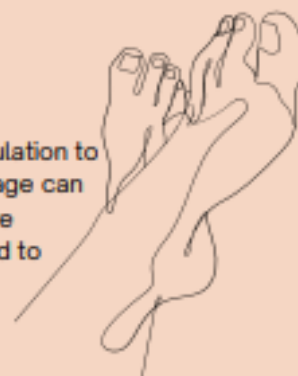
Wear clean socks and well-fitting shoes.

White socks are recommended as if any sore develop, they can be easily seen.



Diabetes & Feet

Diabetes can effect circulation to feet. Related nerve damage can cause a loss of protective sensation, which can lead to injury.



MCA Community Health Program:
Diabetes Services
(613)-575-2341 ext. 3247



**MCA Community Health Program:
Diabetes Services
(613)-575-2341 ext. 3247**

A Step Toward Good Health.

Sock Tips

- Wear clean socks every day.**
- Keep your feet warm by wearing socks in shoes and slippers.**
- Choose cotton or a moisture wicking material to keep feet dry.**
- Socks should not leave marks on skin or have tight elastic bands.**
- Choose socks that are comfortable and light in color.**

Feet should be left feeling good when you take them off at the end of the day.





**MCA Community Health Program:
Diabetes Services
(613)-575-2341 ext. 3247**

Feel the Difference in Your Sole.

Flip Flop Tips

- **Flip flops lack arch support which can lead to pain such as plantar fasciitis.**
- **Flip flops make individuals more susceptible to injuries such as cuts and even infection.**
- **Flip flops can impact ankles, hips, lower back, heel pain, and change the way a person walks.**
- **Buy flip flops with a sturdy sole that is made of high quality material.**
- **Buy flip flops with arch support and comfort.**

Feet should be left feeling good when you take them off at the end of the day.



National HIV TESTING Day JUNE 27

What can you do?

1. Get the facts
2. Get tested
3. Use HIV prevention options
4. Start treatment if you have HIV




Knowledge is power. When we know our **HIV** status, we can make better choices for living a healthy life.

Tell a friend
Test for HIV. It's free, confidential & easy



World Health Organization
Regional Office for the Eastern Mediterranean

HIV Testing Month














World Hepatitis Day
• July 28 •

• 28 juillet •
Journée mondiale contre l'hépatite

CATIE
Canada's source for HIV and hepatitis C information
La source canadienne de renseignements sur le VIH et l'hépatite C

HEPATITIS A,B,C Differences

Virus	Transmission routes	Vaccine	Cure
A	A = vowel rhymes with bowel  Fecal-Oral		 Self-limited disease
B	Body fluids  Blood  Semen  Vaginal fluid		
C	Circulation  Blood ¹		

¹ If blood is present in body fluids (e.g., semen, vaginal), HCV transmission is possible.


© 2019 www.hepatitiseducation.ca

CC
BC Centre for Disease Control
Hepatitis C and HIV

I CAN'T WAIT.

Up to **75%** of those living with hepatitis C in Canada were born between 1945-1975.

I need to be offered a hepatitis C test.
The sooner I start treatment the better chance I have of a long, healthy life.

 **HEP CAN'T WAIT!**

World Hepatitis Day
JULY 28

ACTION HEPATITIS CANADA
AHC
ACTION HÉPATITES CANADA

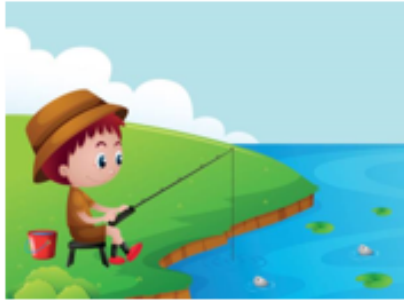


Ka'nísera Rawén:tawen

Father's Day



Atste Rakhón:ni



Rahriokawìne's



Tehontatshenséhstha



Tewa'á:raton



Athénno
Ronahsenthótha



Ken'niwathénnotshera':a
Rawá:eks



Rate'serahtóhares



Entewanontá:ra'ne'



Rathónkia'ke

Ken'nihontésa Aietewahiákha'

Strawberry Picking



Ken'nihontésa



Shà:ise



Kahrhata'kéha



Skaneuwen'tará:non



Ken'niwá':a Kowá:nen

Small

Big



Akerò:roke

To Gather it



A'therá:kon seta

You put it in the basket



Akatehón:ta

Put it in your mouth



Wa'kani'tshého

I did eat too much