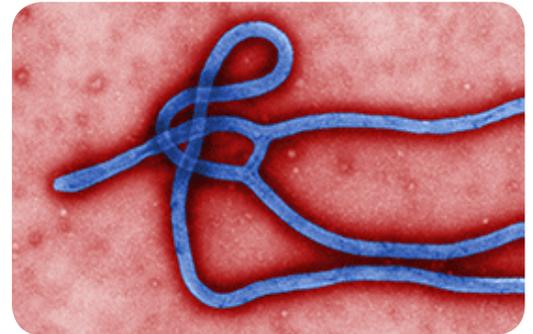

Preparing for Ebola

Questions and Answers

1. Where can I find the current list of affected countries? www.ontario.ca/ebola
2. Where can I get a fact sheet for patients? [Facts for Patients](#)
3. What information can I give patients who plan to travel? [Advice for Returning Travellers from Countries Affected by Ebola Virus Disease](#)
4. What if I have a suspected case? [EVD Assessment and Management Tool for Primary Health Care Providers](#)
5. Who do I notify if I suspect a case? Call Peterborough County-City Health Unit **705-743-1000** immediately
6. Where can I get information on how to prepare my clinical office? [Infection prevention and control for clinical office practice](#)
7. Where can I find reliable information on Ebola and other emerging infections? www.publichealthontario.ca



To access these resources, visit www.pcchu.ca under [For Professionals](#) | [Health Professionals](#) | [FYI Newsletter](#)
OR www.ontario.ca/ebola and www.publichealthontario.ca

Preparing Clinical Offices

1. Dedicate a staff member in your team to check for updates at www.publichealthontario.ca and www.ontario.ca/ebola daily to ensure you have the most current information
2. Perform Telephone Triage
 - When booking appointments by phone, ask clients if they have travelled. If they have travelled, collect symptom information and determine if there is a risk based on reviewing the information on www.publichealthontario.ca
3. Signage
 - Ensure you have self-screening signs displayed prominently as per www.publichealthontario.ca
 - Ensure sufficient alcohol-based rub for hand hygiene and surgical masks are available at entrance
4. Environmental Controls
 - Ensure a separate room or space to place is available for patients with unknown respiratory infections
 - Ensure a 2 metre separation between patients who have respiratory infections
 - Arrange seating so that coughing patients are facing away from other patients
5. Enhanced Precautions and Training for Staff
 - Ensure adequate supplies of personal protective equipment (check expiry dates)
 - Ensure staff are trained on donning and doffing personal protective equipment
6. Encourage Nursing and Office Staff Attend "Preparing for Emerging Infections Inservice" at the Peterborough County-City Health Unit on Wednesday, November 19, 2014 - 8:00 a.m. to 9:00 a.m., call **705-743-1000**, ext. 139 to register.

In this issue...

- Local Flu Shot Champions Honoured
- The Flu Shot: Helping Patients Make Informed Decisions
- Health Risks Of Radon

Local Flu Shot Champions Honoured

On October 21, Dr. Rosana Pellizzari commended local healthcare workers for receiving provincial recognition for keeping patients safe by achieving strong influenza immunization rates last year at their facilities.



The Health Unit organized a small celebration to honour representatives from each of the following eight healthcare facilities for achieving a 5% one-year increase, or an overall staff influenza vaccination rate of 80%, or both:

Healthcare facilities with a 5% increase in their overall staff influenza immunization rate for the 2013-14 season:

- Fairhaven Home
- Peterborough Regional Health Centre

Healthcare facilities that achieved an overall staff influenza immunization rate of 80% for the 2013-14 season:

- Centennial Place
- St. Joseph's at Fleming

Healthcare facilities with both a 5% annual increase and an overall staff influenza immunization rate of 80% for the 2013/14 season:

- Extencicare Lakefield
- Extencicare Peterborough
- Pleasant Meadow Manor
- Riverview Manor

Dr. Pellizzari noted thanks to strong local efforts such as those undertaken by these organizations, the average healthcare worker immunization rate at long-term care homes last year was 81%, well above the provincial median of 78%.

The Flu Shot: Helping Patients Make Informed Decisions

Healthcare providers and pharmacists play an essential role in providing residents with clear, factual information regarding influenza and the influenza vaccine.

The Flu Consult Toolkit has been developed to help you address your patients'/clients' beliefs about the safety and efficacy of the flu shot, and to communicate the importance of getting it early in the flu season. The flu shot is the most effective way to prevent the flu.

This communication tool is designed to promote a dialogue between you and your patients/clients to improve informed decision-making about influenza immunization.

To download the following materials, visit www.pcchu.ca under [For Professionals | Health Professionals | Influenza \(Flu\)](#) where you'll find a link under Resources called "Flu Consult Toolkit for Patients".

Flu Consult Toolkit for HEALTHCARE PROVIDERS

- *Template Letter*
Send to your patients to encourage them to get the flu vaccine.
- *Evidence-based Communication Tool* and *Quick Reference Guide*
To help you have an open dialogue between you and your patients, and assist them in making informed decisions about getting the influenza vaccination.
- *Poster - Top Reasons to Get the Flu Shot*
Place in high-traffic areas of the office.

Flu Consult Toolkit for PHARMACISTS

- *Template Letter*
Encouraging clients to get the flu vaccine.
- *Evidence-based Communication Tool* and *Quick Reference Guide*
To help have an open dialogue between you and your clients, and assist them in making informed decisions about getting the influenza vaccination.
- *Generic Poster*
Post in your pharmacy.
- *Customizable Poster*
Post in your pharmacy.
- *Bag Stuffer*
Hand out with prescriptions.

Health Risks Of Radon

November is National Radon Action Month and the PCCHU is embarking on a public awareness campaign to educate homeowners about the health risks of radon exposure.

We are urging health professionals to talk to their patients about radon and to encourage them to test their home's radon level. We have prepared this information circular for your reference.

What is Radon?

Radon is a colourless, odourless, radioactive gas that occurs naturally in the environment. It results from the breakdown of uranium in soils and rocks. When radon is released from the ground into the outdoor air, it is diluted and is thus not a concern. However, in enclosed spaces like homes, it can sometimes accumulate to high levels, which can create a health risk. Radon can enter homes through cracks in foundations, construction joints, and gaps around pipes, sump pumps and drains. The Canadian guideline for indoor air is 200 becquerels per cubic metre (200 Bq/m³). One becquerel is one radioactive disintegration per second.

What are the Health Effects of Radon?

The only known health effect of exposure to radon is increased risk of developing lung cancer. It is the second leading cause of lung cancer after smoking, and is responsible for approximately 13% of lung cancer deaths in Ontario. This is equal to over 850 lung cancer deaths due to radon, every year in Ontario.

An individual's risk of getting lung cancer from radon depends on three factors: the level of radon, the duration of exposure, and smoking habits. Smokers who are exposed to radon have the greatest risk of developing lung cancer: a non-smoker's risk is 1 in 20 whereas a smoker's risk is 1 in 3.

Radon is Easy to Detect

Radon testing is available through certified service professionals or with do-it-yourself kits. Some inexpensive "DIY" detectors measure radon for short periods of time (2 to 7 days) while others are used for longer periods (3 to 12 months). Radon test kits are available on-line as well as in local hardware and home building supply stores. The Peterborough County-City Health Unit also has available a small supply of radon kits for Peterborough residents.

For more information contact Wanda Tonus at wtonus@pcchu.ca or 705-743-1000.

Since the radon concentration inside a home varies over time, measurements gathered over a longer period will give a more accurate picture of exposure. Health Canada recommends that homes be tested for a minimum of three months, ideally during the winter months when there is little outside air intake.

Most Radon Problems are Easily Resolved

If tests indicate that radon levels are above recommended guidelines, there are many ways to reduce exposure and risk.

The most common method is active soil depressurization, typically performed by a contractor.

For more information visit www.pcchu.ca under [My Home & Environment](#) | [My Home](#) | [Air Quality - Indoor](#) | [Radon](#) or www.hc-sc.gc.ca under [Environmental & Workplace Health](#) | [Radiation](#) | [Radon](#) | [Frequently Asked Questions](#)

RADON AND THE LUNGS

Radon is invisible and odourless,¹ and radon can kill.²



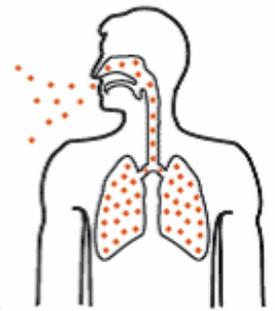
Once radon enters a building, it can break down to produce radioactive particles.



Once inhaled, these particles irradiate the lining of the lungs.



Irradiation can damage the lungs and result in the development of cancer.



Resources For HCPs

New Parent Brochure to Hand Out at 15 Month Well-Baby Visit



The brochure "Enhanced 18-Month Well-Baby Visit" is an excellent resource to be given to parents at their child's 15 month visit. This will help them to know what to expect at the 18 month WBV and learn about the expected developmental milestones for this age group.

To receive this free brochure, simply fax the 'Family Health Resource Order Form' found on www.pcchu.ca under [For Professionals](#) | [Health Professionals](#) | [Child Health](#) and click on [Family Health Resource Order Form](#) under [Resources](#) in the right sidebar. You can also call our Resources Department at 705-743-1000, ext. 260.

If you have any questions about resources for the Enhanced 18-Month Well-Baby visit, please contact Leisa Baker, Public Health Nurse, at lbaker@pcchu.ca or 705-743-1000, ext. 312.

Enhanced 18-Month Well-Baby Visit Folders and Free Board Books Made Easy

Have you run out of your Enhanced 18-Month parent folders and board books yet? You can now find the order form on our website www.pcchu.ca under [For Professionals](#) | [Health Professionals](#) | [Child Health](#) and click on [Family Health Resource Order Form](#) under [Resources](#) in the right sidebar. All you need to do is print the Family Health Resource Order Form, include the number of items you would like, and fax it to our Resources department. There are over 50 free resources available and all items are listed alphabetically. Since the parent folders start with the words 'Your 18 Month Old...!' it will therefore be on the back page of the order form.

Please note: Allow two weeks for our support staff to put your resources together. They will contact you when your package is ready to be picked up. It will save you a trip if you arrange to pick up this order and your vaccine order at the same time.

Resources For Patients

Health Unit Dental Clinics



The Peterborough County-City Health Unit offers dental hygiene and treatment services through our Community Dental Health Centre located downtown in Peterborough Square, and our Mobile Dental Health Centre, which visits our rural communities. The Community Dental Health Centre is located at:

360 George Street North, Unit 60
Peterborough Square - Peterborough, ON K9H 7E7
705-748-2230

For more information visit www.pcchu.ca/dental

Health Events For Patients

Let's Talk About Sex: Talking with your Teen

Tuesday, November 25, 2014

7:00 p.m. - 9:00 p.m.

Peterborough Public Library, Auditorium - 345 Aylmer Street

FREE - Everyone is welcome to attend.

For more information, call 705-743-1000

STOP Program: Support for Ontario Smokers who wish to quit smoking

December 2, 2014

The STOP (Smoking Treatment for Ontario Patients) Program workshops will offer eligible participants in Peterborough five weeks of cost-free nicotine replacement therapy and smoking cessation information to help them in their quit attempt. Workshop participants also receive educational material with quit smoking and relapse prevention strategies, along with information to address other unhealthy lifestyle factors that are known to accompany smoking.

For more information, to determine eligibility to participate and to register for the workshops, individuals can call Peterborough County-City Health Unit at 705-743-1000.

View the **FYI Newsletter** online at www.pcchu.ca under [For Professionals](#) | [Health Professionals](#) | [FYI Newsletter](#)