



## Publicly Funded Hepatitis B Vaccine for High Risk Individuals

The following individuals are at high risk for hepatitis B disease and are eligible for free hepatitis B vaccine:

- children < 7 years old whose family have immigrated from countries of high prevalence for hepatitis B who may be exposed to hepatitis B virus carriers through their extended families (**3 doses**)
- household and sexual contacts of chronic hepatitis B carriers and acute cases (**3 doses**)
- history of sexually transmitted disease (**3 doses**)
- infants born to hepatitis B virus carrier mothers:
  - ♦ premature infants weighing < 2000 grams at birth (**4 doses**)
  - ♦ premature infants weighing > 2000 grams at birth and full/post-term infants (**3 doses**)
- intravenous drug use (**3 doses**)
- liver disease (chronic), including hepatitis B and C (**3 doses**)
- awaiting liver transplants (**2<sup>nd</sup> and 3<sup>rd</sup> doses only**)
- men who have sex with men (**3 doses**)
- multiple sex partners (**3 doses**)
- needle stick injuries in a non-health care setting (**3 doses**)
- on renal dialysis or those with diseases requiring frequent receipt of blood products (e.g., haemophilia) (**2<sup>nd</sup> and 3<sup>rd</sup> doses only**)

### Higher Dose Hepatitis B Vaccine:

The following individuals may receive the higher dosage publicly funded HB vaccine:

- chronic renal disease or on dialysis;
- chronic liver disease; and/or
- awaiting liver transplant.

**NOTE:** hepatitis B vaccine is also publicly funded for students in Grade 7 and is administered in school-based vaccine clinics.

For more information,  
call a Vaccine Preventable Disease Nurse  
at 705-743-1000, ext. 139.

## HPV Vaccine Now Free for Boys in School-Based Clinics

In the upcoming 2016-17 school year, publicly funded Human Papillomavirus (HPV) vaccine will be administered free of charge in school-based clinics to grade 7 boys and girls. The hepatitis B and Menactra vaccines will continue to be administered in grade 7.

The change for the HPV vaccine aligns with current scientific and expert recommendations to help protect more youth against HPV. Shifting the HPV school-based immunization program from grade 8 to grade 7 aligns with expert recommendations to immunize kids between 9 and 13 years of age (before they're sexually active) when the vaccine is most effective. The shift to grade 7 also brings Ontario more in line with other provinces and territories that provide the school-based HPV vaccine to children in earlier grades.

Every year in Ontario there are 254 HPV related deaths, 1,090 new cases of cancer, and 14,666 new cases of genital warts attributable to HPV. Ontario is expanding its publicly funded HPV immunization program to include boys to help protect more youth from HPV infection and related cancers. The immunization of boys is also recommended by expert groups such as the National Advisory Committee on Immunization (NACI).

For the majority of students who are eligible for the HPV vaccine, the vaccine is given in a series of two injections six months apart. For those who receive their first dose after the age of 14 years, or are immunocompromised, the HPV vaccine is given in a series of three injections over a six month period.

Girls who were eligible for the HPV vaccine in grade 8 and missed their immunization continue to be eligible for the publicly funded vaccine until the end of grade 12. Boys who are in grades 8 to 12 during the 2016-17 school year are NOT eligible to receive the publicly funded HPV vaccine. For non-eligible children, the vaccine can be purchased privately.

For further information, please go to [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) and [www.ontario.ca/hpv](http://www.ontario.ca/hpv).

If you have any questions, call  
Vaccine Preventable Disease  
Public Health Nurses at  
705-743-1000, ext. 139

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

## Immunization Preparations for 2016-17 School Year

This past school year, Peterborough Public Health, along with local healthcare providers and schools, raised its immunization compliance rate (as per the *Immunization of School Pupils Act*) to 89% for elementary students and 92% for secondary students.

During the summer months, Peterborough Public Health will be sending a letter to parents/guardians of students with birth year 2010-2011 (SK and grade One) to request immunization information for children who are not up to date. The required immunizations under the *Immunization of School Pupils Act* include: diphtheria, pertussis, tetanus, polio, meningococcal, measles, mumps, rubella and varicella.

**REMINDER:** Varicella is mandatory for those with birth year 2010 and younger.

### Varicella Vaccine:

Children born on or after January 1, 2010 are required to receive two doses of varicella vaccine. (Following Ontario's Immunization Schedule, dose one is given at 15 months of age and dose two is given between 4 to 6 years of age.)

### Exemptions:

Children who have had a previous varicella or herpes zoster infection, after 12 months of age, may be considered immune to varicella, and may be exempted from the varicella immunization requirement on medical grounds. In order to verify a history of varicella infection, the healthcare provider must be confident that the child was infected and is considered immune to varicella. It is up to the healthcare provider to use their clinical judgment to determine whether they can verify a history of varicella infection.

To provide an exemption, a physician or nurse practitioner must complete a statement of medical exemption to verify that the child has immunity due to a history of prior infection. Medical exemption forms can be found on the Ontario Central Forms Repository and search for Medical exemption or on the Peterborough Public Health website at [peterboroughpublichealth.ca](http://peterboroughpublichealth.ca). Fax completed forms to Peterborough Public Health at 705-743-2897.

Any questions on the *Immunization of School Pupils Act* or varicella vaccine or if you would like a template of the immunization exemption form sent to your office, please contact a Public Health Nurse in the Vaccine Preventable Diseases Program by calling 705-743-1000, ext. 139.

## NEW from Public Health Ontario: Zika Virus Infection Fact Sheet

Public Health Ontario has released an updated fact sheet for healthcare providers about Zika virus in Ontario. To access the document, please find it here: [peterboroughpublichealth.ca](http://peterboroughpublichealth.ca) | [For Professionals](#) | [Health Professionals](#) | [Vector Borne Diseases](#) | [Zika Virus](#)

Some key points from the document include:

- Laboratory testing information; tests to use and recommendations for whom to test
  - [peterboroughpublichealth.ca](http://peterboroughpublichealth.ca) | [For Professionals](#) | [Health Professionals](#) | [Vector Borne Diseases](#) | [Zika Virus](#) and click on [Laboratory Testing](#) under [Resources](#)
- Signs, symptoms and recommended treatment for Zika infection, as advised by CATMAT
- Up to date information about modes of transmission, including vector transmission, sexual transmission and transmission through blood and other bodily fluids
- Zika trends in the Americas and risk of Zika virus to Ontarians, including travel recommendations and prevention
- Considerations for health care providers when assessing a patient for Zika virus

## Infectious Questions: New Podcast Show for HCPs!

The National Collaborating Centre for Infectious Diseases (NCCID) has recently launched a new public health podcast show titled Infectious Questions.



You can find the show easily at <http://nccid.ca/webcast/>.

The purpose of this show is to provide Canadian public health professionals with practical and easily accessible knowledge related to important and emerging questions on prominent infectious disease topics and issues.

Each episode involves a short Q+A audio segment with an infectious disease content expert and will respond to key questions from public health practitioners across Canada.

The first three pilot episodes of NCCID's podcast pertain to Zika virus, and specifically to early questions around risk and transmission. New episodes will be released on a regular basis throughout the year and as emerging issues arise.

If you have questions or comments about our new podcasts, or would like to suggest topics, questions, or experts for future episodes, please email [nccid@umanitoba.ca](mailto:nccid@umanitoba.ca).

## Breastfeeding in the 21st Century: Epidemiology, Mechanisms, and Lifelong Effect

A recent Lancet special series examined health outcomes for breastfeeding based on a large number of systematic reviews and meta-analyses. This comprehensive review looked at various aspects of breastfeeding such as duration and exclusivity, and compared data from low, middle, and high income countries, as well as short and long-term outcomes for thousands of mothers and children. A summary of key findings are listed.

### For children, breastfeeding was associated with a:

- 36% reduction in Sudden Infant Death Syndrome;
- 58% decrease in necrotising enterocolitis;
- 68% reduction in dental malocclusions; and
- reduction in incidence of acute otitis media in children less than two years of age.

### Longer-term effects in children included:

- a 13% reduction in the odds of being overweight or obese;
- protection from type 1 and type 2 diabetes;
- higher performance in intelligence tests in both children and adolescents, with a pooled 3.4 IQ point increase;
- higher educational attainment; and
- a 19% reduction in childhood leukemia.

### For mothers, breastfeeding:

- provided protection from invasive breast cancer in a dose dependent manner, with each 12-month increase in lifetime breastfeeding associated with a 4.3% reduction (even when parity and other confounders were controlled);
- was associated with a 30% reduction in ovarian cancers associated with longer durations of breastfeeding (parity could not be controlled for); and
- was associated with longer periods of amenorrhea (with exclusive or predominant breastfeeding).

### What's causing this effect in women and their babies?

Breastmilk and breastfeeding appears to exert positive health effects through multiple complex mechanisms. A number of specific agents in breastmilk directly protect against or fight infections both in the gut and in the bloodstream. The physical act of breastfeeding provides a natural, high-frequency, and prolonged setting for “serve and return” interactions between mother and child that are necessary for brain development in the critical early years.

Also fascinating, research is increasingly pointing to breastmilk's effect on the infant microbiome, and the specificity of mother's milk and interactions with the microbiome that influence an infant's metabolism and immunity. There is also evidence that specific components in breastmilk may be involved in epigenetic programming of the infant.

These researchers note that like pregnancy, breastfeeding is a part of the reproductive cycle. Breastfeeding is often discussed in terms of being “beneficial” to babies, however these researchers identify that breastmilk is “probably the most specific personalized medicine that (a baby) is likely to receive, given at a time when gene expression is fine tuned for life.”

### The full article can be viewed at:

[www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) | or Professionals | Health Professionals under Resources on the right sidebar  
**Breastfeeding in the 21st Century**

### Citation

Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect  
Victora, Cesar G et al. The Lancet , Volume 387 , Issue 10017, 475 – 490.





## Resources For HCPs

**NEW!**

### Resources Available to Promote Medication Take Back Campaign!

We are excited to announce that a package of resources is now available for organizations to borrow to help promote the Medication Take Back campaign! This is an important community safety campaign to promote on an ongoing basis supported by many local agencies. Doing so will help increase awareness about how to prevent poisonings, substance misuse and falls while keeping our environment safe.

#### The package includes:

- A 7 foot tall stand up banner
- 11x14 poster(s)
- Small takeaway 'bag tags'
- Prescription bottle/box reminder stickers
- FAQ & tips sheet



The banner and supplementary resources are available to use at any event, such as a health fair, or at any Pharmacy, healthcare practitioner's office, health care agency, retirement residence etc., who would like to promote the campaign for a specific time period.

To reserve the package of resources, please call Peterborough Public Health and ask for Joanne Racz-Hewitt, Community Health Program 705-743-1000, ext. 316. Other resources promoting general safety concerning injuries and substance misuse are also available. Please inquire when booking the banner.

Thank you for your support in assisting to promote this important campaign!



## Health Events For Patients

### Prenatal Classes for Patients

Our classes will prepare you for the challenges of birth, caring for your baby, and becoming a parent. You'll gain confidence as you explore up-to-date information, practice new skills, share ideas, and connect with other expectant parents in a friendly and supportive environment.

#### You'll learn about:

- Caring for your newborn
- Breastfeeding your baby
- Your baby's birth
- Comfort measures for labour ( Lamaze )
- Medical management of pain and other interventions
- Changes and challenges of becoming parents
- Classes are led by experienced and enthusiastic Registered Nurses who are committed to supporting you with information you can trust to make informed choices for you and your family.

**Date:** Classes are offered in two different formats with the class content the same for both options:

- a week night series of five classes that run from 6:30 p.m. – 8:30 p.m. and
- a weekend series of two consecutive Saturdays that run from 9:30 a.m. - 3:30 p.m.

**Place:** Peterborough Public Health  
Jackson Square, 185 King Street, Peterborough

**Fee:** \$50.00. This includes the book *Baby's Best Chance* and other resources.

Please let us know if the fee would prevent you from attending, as subsidies are available.

**To register or for more information,** call or email the Peterborough Public Health  
705-743-1000, ext. 254 or 282 or  
[info@peterboroughpublichealth.ca](mailto:info@peterboroughpublichealth.ca)

**Hospital Tour:** To book a tour of the Peterborough Regional Health Centre's Labour and Delivery area, please call 705-876-5017.





**Peterborough  
Public Health**

Serving the residents of **Curve Lake** and **Hiawatha First Nations**, and the **County** and **City of Peterborough**

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Peterborough Public Health welcomes Family Physician and Nurse Practitioner Office Staff to an inservice on

# **Let's Talk About Immunizations: Update and Vaccine Safety**

## **Wednesday, July 20, 2016**

### **8:00 a.m. - 9:00 a.m.**

The inservice will be held at

**Peterborough Public Health**

Jackson Square, 185 King Street

Anstruther and Buckhorn Rooms

To register please call

**705-743-1000**, ext. 135

**Parking:** Visitors can use metered street parking (free before 9 a.m. or after 6 p.m.) or the King St. parking garage (free 1-hour parking). Accessible parking is located right beside Jackson Square.

