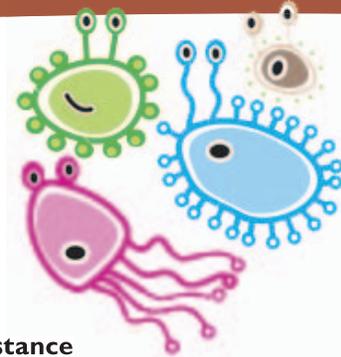




HALDIMAND-NORFOLK HEALTH UNIT

# HEALTH MATTERS FOR LITTLE PEOPLE

## Do All Bugs Need Drugs? Some Do, Some Don't



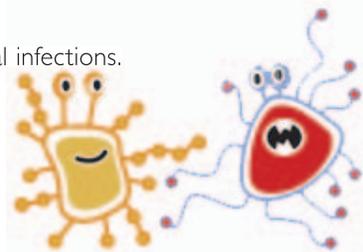
All bugs do not need drugs to get rid of the infection they cause. It depends on what germ has caused the infection. Infections are caused by either bacteria or viruses which are very different types of germs. They are unlike in their make-up, the way they cause infections and ways they are destroyed. Antibiotics should only be used to destroy bacteria because they do not work at all against viruses. It can be harmful to a person to receive an antibiotic for an illness that is caused by a virus. Taking unnecessary antibiotics exposes the body's normal bacteria to antibiotics and allows the bacteria the opportunity to become resistant to that antibiotic. Thus using antibiotics when they are not needed can cause antibiotic resistance.

### Viruses:

- Cause colds, influenza (flu), croup, laryngitis, chest colds (bronchitis) and most sore throats.
- Are more easily spread than bacterial infections.
- If more than one person in the family has the same illness, odds are it is probably caused by a virus.
- Can make you just as sick or sicker (for example the influenza virus) than bacterial infections.
- Usually last about four to five days but it may take three weeks or more to get better.

### Bacteria:

- Cause infections such as pneumonia (a serious respiratory infection) and strep throat.
- Do not spread as easily from one person to another as viral infections.
- Are not as common as viral infections.



### Antibiotic Resistance

- Using antibiotics when they are not needed for colds or influenza can lead to antibiotic resistance.
- Bacteria have "antibiotic resistance" when they cannot be killed by an antibiotic.

### Thoughts to Ponder

- Do not expect to get an antibiotic with every illness.
- The majority of respiratory infections are caused by viruses.
- Use antibiotics wisely! Bacteria can become resistant to antibiotics.
- Wash your hands and remind others including doctors, nurses, dentists, and therapists to wash their hands before they touch you or your child.
- Make sure plain (not anti-bacterial) soap is accessible in your child's school, in your workplace, and places where you eat.
- Handwashing is the single most effective way to prevent the spread of infection.

*Submitted Lynda Linn RN, BScN, MN, PHN August 30, 2010  
Adapted from Do Bugs Need Drugs, Capital Health Alberta*

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## Wondering About Speech and Language Development?

 Did you know that by 2 years of age children use at least 100-150 words?

 Do you have a concern or should you be concerned about your child's speech and language skills?

Refer to the Haldimand-Norfolk Health Unit website [www.hnhu.org](http://www.hnhu.org) for a speech and language checklist. This can be found by clicking on the **A-Z topics**, find and click on "speech"; on this page you will see a link to the checklist. If you answer "**NO**" to any of the questions on the checklist, please don't hesitate to make a referral. Anyone who has parental consent can make a referral by calling the Parent Info Line at 1-866-463-2759. There is no direct charge for our services. We provide services for children 0-5 years of age. In order to access all our program has to offer, we must receive a referral for your child by December 31st of the child's JK year.

Submitted by: Jennifer Moore,  
Speech-Language Pathologist

# Measles - Mumps - Rubella Vaccine

For children attending school in Ontario, a written (or proof of) immunization record is required by law for measles, mumps, rubella, diphtheria, tetanus and polio, unless there is a valid, written exemption.

The Measles-Mumps-Rubella (MMR) vaccine is a three-in-one vaccine that protects against measles, mumps and rubella (German measles). It's a two-dose vaccine; the first dose is usually given on or after the first birthday, the second dose is now recommended to be given at 18 months of age. Before June 2005 the second dose was usually given at four to six years of age along with a Diphtheria, Tetanus Pertusis, and Polio (DTaP-IPV) vaccine; some people remember it as the Kindergarten booster or DPTP vaccine.

Vaccines are sometimes blamed for conditions that are poorly understood; some people may have heard rumours that MMR vaccine was linked with autism. Medical researchers and scientists around the world have studied information collected over many years to see whether there is a link between the MMR vaccine and autism; they have not found any evidence of a link. The vaccine is safe. Most children will have no side effects or only mild tenderness at the injection site. Some children may have a fever and a mild rash occurring about six to 10 days after receiving the vaccine; this may last from one to three days. A few may have joint pain. Parents may give whatever medication has worked in the past for

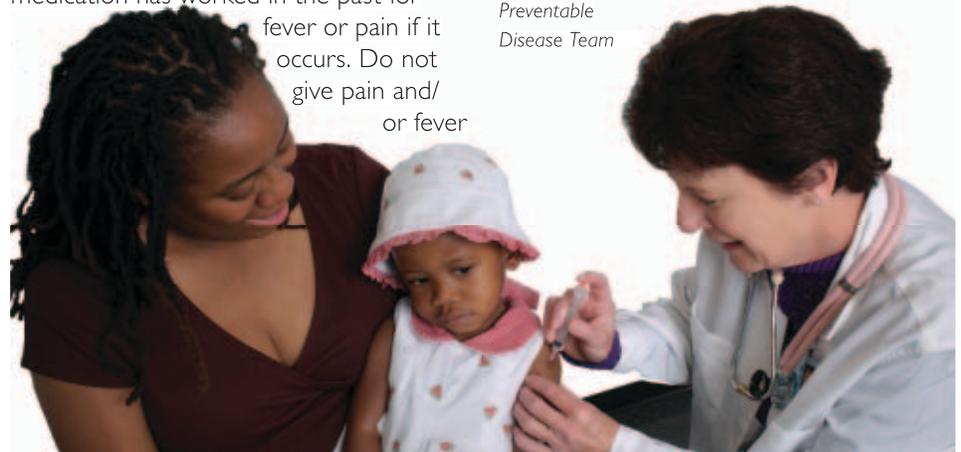
medication before the vaccine is given. MMR vaccine works by stimulating the body's defence system (the immune system) to make antibodies that are specific to measles, mumps and rubella. Those antibodies multiply in the body and lie in wait so that the immune system can fight off the measles, mumps or rubella viruses if it comes into contact with them. Giving fever or pain medication ahead of time may interfere with the immune response.

### Who should not receive MMR vaccine?

- Anyone who is sick with a fever or infection worse than a cold.
- Anyone who has had a severe allergic reaction (anaphylaxis) to a prior dose of this vaccine.
- Anyone with immune system problems.
- Pregnant women.
- Anyone who is allergic to the antibiotic neomycin.
- Anyone who received a gamma globulin shot within the past three to 12 months.

Please report any vaccine your child receives to the health unit. You may do this on line at [www.hnhu.org](http://www.hnhu.org) or by calling a member of the Vaccine Preventable Disease Team at 519-426-6170.

Submitted by: Maria Mendes Wood, RN, BScN, Vaccine Preventable Disease Team



fever or pain if it occurs. Do not give pain and/or fever

## Sharing Is Good... Or Is It?

Small children share many things such as toys, food, pets, treasures, even germs and body fluids. Yes, germs and body fluids! You can often see children wiping their noses with their hands and then sharing their snacks (and other things) with their little friends. They are taught that sharing is good and most children do it very well.

When they share germs however, it is not such a good thing. As any parent of small children will know, when kids spend a lot of time together, someone is bound to get sick. Kids aren't known for washing their hands when they should, or sneezing/coughing into their sleeves, so they spread germs very easily. It could be a cold or the sniffles, or something more serious like the flu or German Measles (Rubella). Although there are vaccinations that can protect them from some of these dangerous diseases, not all children get immunized.

If your child gets sick, they should NOT go to school/daycare. Keeping them at home when they're sick is very important to help prevent serious outbreaks of disease in the schools. These diseases are spread from one child to another and it can happen before you know it. Some sicknesses, like chicken pox, are contagious before the spots show up. It will continue to be spread from person to person even after you see the spots.

Enclosed in this newsletter is a list of common childhood illnesses that require you to keep your child(ren) at home until they are no longer able to make other people sick. It also lists the symptoms, how it is spread, and how long your child should remain at home. It includes diseases such as chicken pox, impetigo, scabies, mumps, pinkeye, whooping cough and more.

As parents, it is our responsibility to help prevent the spread of disease as best we can and that includes teaching our children proper hand washing as well as keeping our children home when they are sick.

*Submitted by: Leslee Wilson, C.P.H.I.(c)  
Public Health Inspector  
Infectious Disease Team*



## Pumpkin **Local Availability: September & October**

*1 serving = ½ cup*

**Nutrition:** ½ cup (canned):

Good source of vitamin A, vitamin C, fibre and potassium.

Seeds are rich in protein and a good source of iron.

**Selection:** Choose a small pie pumpkin with firm, smooth, orange skin, heavy feel for its size and no cracks or bruises.

### To Store:

- Store in a cool, dark, dry place.
- If cut, wrap in plastic, refrigerate and use within five days.
- May be cooked and frozen up to six months.

### To Prepare:

- Cut in half and hollow out seeds and stringy parts.
- Bake at 325°F for one hour. Pierce with a fork to see if tender.
- When cool, scrape out pulp.

## Recipe

### Pumpkin Pancakes

- 2 cups whole wheat flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 ¼ teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 ¾ cup milk
- 1/2 cup pumpkin puree
- 1 egg
- 2 tablespoons oil

In mixing bowl, blend all ingredients together. Heat griddle or frying pan. Pour 1/4 cup of batter on the hot surface and when bubbles begin to appear flip to other side. Cook until golden brown.

Source:

[www.kids-cooking-activities.com](http://www.kids-cooking-activities.com)

*Kathy Page Public Health Dietician*

# Helpful Tips for Healthy Smiles at Halloween

## Halloween is just around the corner and for most kids that means lots of candy!

However, when your child consumes sugary food or drinks, the bacteria (germs) in the plaque on the teeth mix with the sugars in the candy to make a mild acid. This acid attacks the hard outer layer of the tooth, called the enamel. If the plaque isn't removed every day by brushing and flossing, over time, the enamel gets soft and a cavity forms.

### Healthy Halloween tips

To keep cavities away and protect your child's teeth this Halloween, here are a few simple steps:

- Limit the number of times a day your child eats sugary treats between meals. Serve snacks that will not harm your child's teeth, such as vegetables, cheese, nuts or seeds.
- It is best to eat sugary treats at the end of mealtime while there is still plenty of saliva in the mouth. Saliva helps to wash away the sugars and acids.
- Drinking a glass of water after eating a sugary treat will also help wash away some of the sugars and acids.
- Avoid soft, sticky treats that get stuck between teeth.
- Always have your child brush and floss before going to bed.

### Halloween with braces

Halloween candy can be a nightmare for someone who wears braces, but it doesn't have to be. Trick-or-treaters who wear braces should avoid nuts, popcorn, tortilla chips, hard candy, caramel and other chewy candies to keep their braces

safe and intact. However, there are still plenty of other things that trick-or-treaters with braces can enjoy.



### Fun alternatives to candy

If you are concerned about the amount of candy that your child will receive, try rationing it over a few weeks. Another alternative would be to have your child set aside half of the Halloween candy and donate it to an organization such as a women's shelter or a local food bank. By

reducing the amount of candy your child eats and by teaching your child that moderation is important, you won't have to worry about things like tooth decay and Halloween will still be fun.

Here are some alternatives for parents to hand out to trick-or-treaters on Halloween night:

- Sugarless gum
- Sugarless candy
- Packs of seeds
- String cheese

Parents can also give out fun toys and other gifts like Halloween stickers, Halloween pencils and erasers, temporary tattoos, vampire teeth, toothbrushes and floss, which will certainly help trick-or-treaters keep their smiles cavity free.

### Have a safe and happy Halloween!

Submitted by: Kim Casier, R.D.H., Oral Health Program  
Adopted from the Canadian Dental Association

Reference: The Canadian Dental Association Website:  
[http://www.cda-adc.ca/en/oral\\_health/cfy/dental\\_care\\_children/halloween.asp](http://www.cda-adc.ca/en/oral_health/cfy/dental_care_children/halloween.asp)

**Is there a baby in your future?**

**Prenatal Fair**

For moms-to-be, dads, grandparents & support people.

**Thursday, October 21, 2010**  
6:30-8:00 p.m.

Vittoria Community Centre  
35 Oaks Blvd., Vittoria, ON  
**FREE Admission**

Oct. 21, 2010

Both men and women should avoid tobacco, alcohol, drugs and environmental chemicals for three months before pregnancy.

*Demonstrations • Door Prizes • Displays • Light Refreshments*

Simcoe: 519.426.6170 or 905.318.6623  
Caledonia: 905.318.5367  
[www.hnhu.org](http://www.hnhu.org) • [info@hnhu.org](mailto:info@hnhu.org)



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