



HALDIMAND-NORFOLK HEALTH UNIT

# HEALTH MATTERS FOR LITTLE PEOPLE

## Locally Grown....It's Many Miles Fresher!

We have an amazing variety of foods grown in Haldimand & Norfolk counties.

How much do you know about the foods you eat and where they come from?

### Why Eat Local?

“Eating locally isn’t just a fad – it may be one of the most important ways we save ourselves and the planet.”

– David Suzuki

- Local foods are usually fresher.
- Locally marketed fruits and vegetables are harvested ripe and ready to eat, not picked early so they can mature on supermarket shelves.
- You support local farms and farming families.
- Money spent at local markets tends to stay in the area.

- Reducing packaging and transportation time supports our environment.
- You'll enjoy high quality food.

### Get to Know Your Food at the Farm or Farmers Market

#### Learn From a Farmer

- What foods grow well in your area.
- How their food products are raised or grown; for example, ask how crops are harvested.
- What it's like to live and work on a farm; ask them what time they get up in the morning and go to bed at night!
- What they do to keep their soil healthy and the land sustainable.



### Market Days and Times

| Farmer Market Locations      | Days of Operation                                | Times           |
|------------------------------|--|-----------------|
| Caledonia                    | Thursdays<br>Spring to October                   | 2 - 7 p.m.      |
| Hagersville                  | Wednesdays                                       | 7 a.m -1 p.m.   |
| Port Dover- Silver Lake      | Saturdays  | 8 a.m -1 p.m.   |
| Simcoe- Norfolk Fair Grounds | Thursdays  | 9 a.m. - 4 p.m. |
| Dunnville                    | Tuesdays and Saturdays<br>Spring till Christmas. | 7 a.m. -12 p.m. |

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### Take the Kids to the Market

- Choose a new food item each month and talk to the farmer about ideas of how to prepare it.

### Enjoy seasonal foods year round

- Asparagus and rhubarb are plentiful, fresh and affordable in the spring.
- Strawberries are bountiful in June.
- In July watch for broccoli and peppers.
- August brings luscious blueberries, peaches and tomatoes.
- Apples, root vegetables and squash grace our fields in the fall.
- Use *Foodland Ontario's Fruit & Vegetable Availability Guide* to determine when other produce is ready.

### Bring the Message Home

- Plant a garden in your backyard.
- Freeze or can local harvest to preserve the fresh taste.
- Involve children in the preparation of food for meals.
- Eat together as much as possible and role model healthy eating habits.

For more information and seasonal recipe ideas, check out Foodland Ontario and Dietitians of Canada websites at [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) and [www.dietitians.ca](http://www.dietitians.ca).

# Hand, Foot & Mouth Disease (Coxsackievirus Disease)

Hand, foot and mouth disease (HFMD) is a self-limiting viral illness which occurs in summer and early autumn and usually affects children under the age of 10 years. The disease is characterized by fever, sores in the mouth and/or a skin rash.

The illness typically begins with a mild fever, poor appetite, feeling vaguely unwell and frequently a sore throat. About one or two days after the fever starts painful sores that begin as red spots and develop into blisters, occur on the tongue, gums and surface of the cheeks and may persist for four to six days.

A non-itchy red skin rash with flat or raised spots develops over one to two days. This rash, present for 7 to 10 days, is usually found on the palms of the hands and soles of the feet but may appear on the buttocks and/or genitalia. Individuals experiencing HFMD may have only the sores in the mouth or only the red rash.

### Transmission

HFMD is spread from person-to-person by direct contact with nose and throat secretions, saliva, blister fluid and stool of an infected person (who may not have symptoms). The infection can also be spread by aerosol droplet. HFMD is most often spread by persons with unwashed hands and by direct contact with contaminated surfaces. HFMD spreads to others during the first week of illness.

### Treatment

There is no specific treatment for HFMD. However, treatment of the symptoms can give the ill person relief from the fever, aches and the pain caused by the mouth sores.

### Prevention

The spread of HFMD can be lowered by following good hygiene practices that includes:

- Ensuring the hands of both children and adults are washed before eating and after the following: handling nose and throat discharges, feces, articles soiled with these discharges, after changing diapers and after using the toilet.
- Cleaning dirty surfaces and soiled items including toys first with soap and water and then disinfecting the contaminated items and surfaces.
- Avoiding close contact such as kissing, hugging, sharing utensils and cups, etc., with the ill individual.

### Vaccination

There is no vaccine available to protect against HFMD.

### Exclusion

There is no exclusion from school unless the ill person is not well enough to participate fully in the daily activities. Having the infection caused by HFMD causes the body to build antibodies, resulting in immunity.

### References:

Centres for Disease Control and Prevention: Division of Viral Diseases. Retrieved 2010/01/25 from: [www.cdc.gov/incidod/dvrd/revbl/enterovirus/hfmd-qa.htm](http://www.cdc.gov/incidod/dvrd/revbl/enterovirus/hfmd-qa.htm)

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Heymann, D.L. (2004). *Control of Communicable Diseases Manual*. (18th ed.). Pg. 151-154 American Public Health Association. United Press Book, Inc. Baltimore, Md.

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## Preventing Poisoning in Young Children



The highest rate for emergency room visits due to accidental poisoning in Haldimand and Norfolk was in children zero to six years of age. In all age groups, poisonings in Haldimand and Norfolk Counties has been increasing since 2002; the highest rate was in 2004.

### Children 0-14 years of age

**Major causes:** improper storage and labelling of over-the-counter drugs and cleaning products such as laundry detergent and bleach.

### What can be done?

- Supervise children at ALL times indoors and outdoors.
- Lock up all medicines, prescription drugs and vitamins.
- Store all household products in a LOCKED cupboard.
- Read all labels carefully so that the right person gets the right medicine.
- Be aware of increased risk at stressful times (holidays, special occasions).



Spark Together for Healthy Kids™ is the Heart and Stroke Foundation's response to the growing epidemic of childhood obesity. Check out the insert for more information and sign the Spark Promise to Our Children at [www.heartandstroke.ca/spark](http://www.heartandstroke.ca/spark).

## UPCOMING EVENTS

### Car Seat Clinics

- The second Friday of every month at Simcoe Fire Hall, and the fourth Friday of every month at Ontario Early Years Centre, Caledonia. Clinics also held in Dunnville, Port Dover and Houghton.

For appointment call 1-866-463-2459

### Post Partum Support Group

Life with a New Baby is not always what you expect. Come out and talk to other parents.

- Fourth Monday of every month 1:30 to 2:30 p.m. at the Ontario Early Years Centre, 12 Colbourne St. Simcoe.

*In partnership with H-N REACH, CMHA and the Haldimand Norfolk Health Unit.*

### Immunization Clinic

Clinical Services provides an immunization clinic the first Tuesday of the month at the Simcoe health unit and the first Wednesday of the month at the Caledonia health unit. The clinics run from 2 to 4:30 p.m. Call a mem-

ber of the vaccine preventable disease team to book an appointment.

### Best Start

**Engagement Fairs for Children entering JK or SK for the first time. The dates are**

- Wed, May 5 – Houghton Public School at 5:30 p.m. to 7 p.m.
- Sat, April 17 – McKinnon Park Secondary School -Caledonia at 10 a.m. to 12 p.m.
- Fri, May 21 – Thompson Creek Public School – Dunnville at 10:30 a.m. to 12 p.m.
- Sat, May 1 – Holy Trinity Catholic High School – Simcoe at 10 a.m. to 12 p.m.

### World Health Day

Haldimand-Norfolk Health Unit is gearing up for its World Health Day celebrations on the streets of Caledonia and Port Dover. On Sunday, April 11 from 2 to 4 p.m., residents and visitors will have the opportunity to walk, run, play and exercise on a car-free section of the road!

## Rhubarb **Local Availability: May & June**

*1 serving = ½ cup*

**Nutrition:**  
Source of vitamin C and calcium

**Look for:**  
Firm stalks that look crisp

**To Store:**

- Do not wash. Put in a plastic bag. Refrigerate for up to one week.
- To store longer, chop into small pieces and freeze in a covered container or plastic bag. Frozen rhubarb will keep for a year.

**To Prepare:**

- Cut off leaves and rinse stalks. Cut crosswise and cook.

### Recipe Saucy Rhubarb

This sauce is great to have on hand to serve with fresh or frozen vanilla yogurt or pancakes.

Mix 4 cups chopped rhubarb with 2/3 cup sugar and ¼ cup of orange juice. Cook over medium heat until tender, about 10 – 15 minutes. Stir often. Transfer to airtight container; let cool, cover and refrigerate for up to one week.

## Some Vaccine Safety Facts

Vaccines have saved more lives than any other medical intervention in the history of man. Because many childhood diseases have been wiped out by vaccination programs it is easy to forget how devastating some of those diseases were. Some have started to wonder if vaccines are necessary at all. As parents you want to make the best decisions to protect your child. The following are some facts to help you in making decisions on whether or not to immunize.

### Are vaccines Safe?

Yes. Vaccine development, licensing and post-licensing monitoring is a highly regulated and inspected process. There are eight components to the Canadian vaccine safety system. However, like anything else we put into our bodies, vaccines can cause a reaction in some people.

The most common reactions are swelling or tenderness at the injection site and fever. The most serious reactions are very rare, happening in one or two people out of a million injections given. Once licensed, the Canadian Adverse Events Following

Immunization Surveillance System (CAEFISS) keeps track of any health effect that occurs hours, days, weeks, even months after receiving immunization. Anyone can report a possible reaction. This monitoring helps ensure vaccines are safe.

### Are diseases of the “old days” really still something to worry about?

The great success of Canada's immunization program is that many parents today have never seen the diseases that used to cause physical disabilities, brain damage and even death in children. However, those who are not vaccinated, especially children remain at risk for illnesses such as influenza, whooping cough and chickenpox. Cases of measles mumps and rubella sometimes crop up unexpectedly and have the potential to spread quickly. As of Dec. 4, 2009, there were 32 confirmed cases of mumps in Ontario; ages of people involved ranged from 6 to 61 years old. People whose immunizations are not up-to-date and who travel to other countries are at risk for bringing back disease and spreading it to others. Some diseases

that have been wiped out with vaccine use in Canada are alive and well in other countries.

### Is it safe for a child's immune system to have multiple shots?

Yes. Children are exposed to many “foreign” molecules (called antigens) daily. This happens during normal activities like eating and playing. Antigens make the immune system develop. The immune system is what helps our bodies fight off infection. Vaccine antigens represent only a tiny part of what a child's immune system deals with routinely. Getting immunized is no extra burden-even for babies.

Healthy babies' immune systems easily handle vaccine antigens. Studies have shown that combination vaccines (a single vaccine that protects against more than one disease) and giving multiple vaccines at the same time is safe and effective.

Today's vaccines are more refined than in the past; even though babies get more vaccines they get fewer antigens all together than in the past. Some wonder if it would be safer to delay immunization until children are older. Because babies and young children are most likely to become seriously ill from certain diseases, delaying immunizations puts them at risk for a longer time. The chance of getting sick from the disease far outweighs the very small risk of reacting to an immunization.

*Submitted by Maria Mendes Wood, RN, BScN, Clinical services team.*

*Sources: Halton Region Health Department, Health Notes for Professionals, Volume 12, No. 1, 2009*

*Ministry of Health and Long-Term Care, Memorandum, Dec. 10, 2009; Increased Mumps activity in Ontario*

*Canadian Paediatric Society; www.caringforkids.cps.ca*

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