



HALDIMAND-NORFOLK HEALTH UNIT

HEALTH MATTERS FOR LITTLE PEOPLE

HEAD LICE

Head lice are an unpleasant fact of life. If you have a child, chances are that you will one day have to deal with head lice. Here are some tips for treating and preventing head lice with a minimum of stress.

What is Head Lice?

Head lice are tiny insects about the size of a sesame seed. They live on the heads of humans, feeding on their blood. They have six legs, but no wings, so they cannot fly. They cannot live off a human head for more than 48 hours. You only get head lice from another person.

Louse lay eggs called nits, which are the size of a piece of dandruff. Nits attach to the hair through using a substance like glue, which makes them hard to remove. You may never see a live louse [female lice] but you will see the nits. They are cream in color and about the size of the point of a pencil.

The way most head lice spread is from one head touching another. Teach your children not to share their personal hair products. Symptoms of head lice are frequent itching, tickling feeling in the hair and sores from scratching. Also, everyone else in the family needs to be checked.

Treat the household

There are three steps to treat head lice:

1. Treat the person affected using a product on the market that states it will kills live lice.



2. Removing all the nits is very important. Using a bright light, go through your child's hair carefully. Pick one hair strand at a time and pull off the nit with your fingernails.

3. After one week, treat the head again.

You need to wash all the clothing, bedding, stuffed toys in hot water and dry in a hot dryer. If items that are not able to be washed, you can dry clean them or place in a sealed bag for two weeks. Vacuum all areas of the house-carpets, chairs and couches.

Myth-busters

- Head lice can't fly or jump, but they do crawl very fast.
- Head lice do not live on animals-only on humans.
- Products used for animals are not to be

used on humans.

- Follow the directions on the head lice product carefully.

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Recent Changes in the Immunization Schedule



The August 2011 Publicly Funded Immunization Schedule for Ontario includes a second dose of Varicella vaccine for children born on or after January 1, 2000 and who are at least 12 months of age. Varicella or Chicken Pox is caused by the varicella-zoster virus. It is easily spread from person to person by coughing and

sneezing. It can also be spread by touching a blister or the liquid from the blister and then touching the mouth, nose or eyes.

A pregnant woman with chickenpox can pass it on to her unborn baby before birth. Mothers with chickenpox can also give it to their newborn baby after birth. Chickenpox can be very severe or even life threatening to newborn babies, and anyone with a weak immune system.

Although the one-dose chickenpox vaccine program has decreased hospitalizations from the chickenpox infection, some children are still at risk of catching chicken pox after one dose. Giving two doses will further protect children against chickenpox and reduce the total number of cases, as well as complications.

Children at 15 months of age will be offered their first dose of varicella vaccine as part of the routine childhood immunization program. The second dose will be offered to children at 4 years of age in the form of MMRV (measles, mumps, rubella and varicella) vaccine. If a child has already

had two doses of measles, mumps, rubella (MMR) vaccine and one dose of the chickenpox vaccine and was born on or after January 1, 2000, he/she can still have a second dose of the chickenpox vaccine.

The MMRV (measles, mumps, rubella and varicella) vaccine is now offered to children between four to six years of age as part of their routine immunization schedule. This vaccine is currently approved and publicly funded for children four to twelve years of age.

Ontario has added rotavirus vaccine to the publicly funded schedule. There is a high incidence of rotavirus gastroenteritis among children less than five years of age. Many of these children require visits to their health care provider and some require hospitalization because they get very sick.

Rotavirus vaccine is given by mouth at the two and four month visit. This vaccine can be given at six weeks of age and the series completed by 24 weeks of age. Following the administration of the Rotavirus vaccine, the shedding of the live attenuated vaccine virus in stool is known to occur and last for approximately 10 days.

To minimize the transmission of vaccine virus, caregivers should practice hand washing after contact with vaccinated infants, especially after changing diapers and before direct contact with other unvaccinated infants, pregnant women or an immunocompromised person.

If you have any question regarding the updated Publicly Funded Immunization Schedule for Ontario – August 2011 you may contact the Haldimand-Norfolk Health Unit at 519-426-6170 or 905-318-6623 and speak with a member of the Vaccine Preventable Disease Program.

Immunization Clinics

The Health Unit conducts an immunization clinic on the first Tuesday of the month at the Simcoe Health Unit office and on the first Wednesday of the month at the Caledonia Health Unit office.

Clinics run from 2 to 4:30 p.m.

Call a member of the Vaccine Preventable Disease team at the Health Unit to book an appointment at 519-426-6170 Ext. 3220.



Active Start for Life

The importance of physical activity in the first 6 years of life

The benefits of physical activity are so important. Physical activity keeps kids healthy and helps them grow. Physical activity gives them energy, builds strong muscles and bones, hearts and lungs. Active play with their friends teaches social skills and how to solve problems.

Physical activity is also good for their mental health; it reduces anxiety and depression, it helps deal with stress and helps kids feel good about themselves.

Physical literacy... what is it?

Children need to be taught how to read and write. And they get better at it the more they practice. They also need to be taught how to walk, run, skip, jump, kick, catch and throw. These basic movement skills also get easier with practice. As children gain confidence in these skills, they then develop basic sport skills. Trying a lot of different sports helps to develop a

wide range of skills and allows a child to read what is going on around them in an activity and then react appropriately to the situation. This is physical literacy.

Active for Life!

Developing these basic skills at an early age can set the stage for an active life. Consider your own lifestyle. Are you active? What activities or sports do you enjoy? If you aren't active, chances are you didn't learn the basic skills as a child and now you don't enjoy playing sports.

This is why it's so important to make sure children learn these skills when they are young. There's a really great website: www.activeforlife.ca that shows you all the basic movement skills you need to play a variety of sports.

Check out the website and then go play and share what you've learned. Kick, run, skip and throw. Keep it fun and it'll keep them moving and active for life!

FEATURE recipe



Homemade Applesauce

This dessert is a hit among the little ones! Not only is it healthy, it's also fun to eat! Use the tortilla crisps to dip into the applesauce.

INGREDIENTS

- 4 Ontario apples – cored and chopped (like Empire or Macintosh) – you can either peel or keep skin on. Keeping the skin on adds a fibre boost!
- 3/4 cup water
- 1/4 cup white or brown sugar
- 1/2 teaspoon ground cinnamon
- nutmeg and ginger to taste

DIRECTIONS

In a pot combine apples, water sugar and cinnamon. Cover and cook over medium heat for about 15 to 20 minutes until soft. Mash with potato masher or fork.

Cinnamon Toasted Tortilla Chips

INGREDIENTS

- 1/4 c. sugar
- 1/2 tsp. ground cinnamon
- 4 whole wheat flour tortillas
- 3 tbsps. margarine, melted

DIRECTIONS

In a small bowl combine sugar and cinnamon. Brush tortillas with melted margarine. Then sprinkle with 1 table-spoon of sugar mixture. Cut each tortilla in 8 triangles. Pre heat oven to 350 degrees. Place tortillas sugar side up on ungreased baking sheet. Bake 10 minutes or until crisp.



Government Funded Dental Care for Children without Dental Insurance

No dental insurance? No problem.

Accessing dental care for children can be a challenge for some Ontario families, particularly for those families who don't have dental benefit coverage. If you have no dental insurance and are not an OW/ODSP recipient and the cost of obtaining the services privately would pose a financial hardship for the family your children may qualify. Contact the Haldimand-Norfolk Health Unit to find out which programs your children may be eligible for.

There is also a preventive clinic at the Simcoe Health Unit. Free preventive dental services are provided for eligible children up to and including age 17.

Preventive services include: fluoride applications, pit and fissure sealants, scaling and selective polishing, oral hygiene instruction, and diet consultations for good dental health.

Call the Haldimand-Norfolk Health Unit to book an appointment at 519-426-6170 Ext. 3249.

Child Care Tip

Updated child car seat safety

Updated car seat safety regulations came into effect on January 1, 2012. Car seat safety regulations are reviewed on a regular basis using the most up to date technology available for testing. All car seats available on the Canadian market must meet all applicable safety standards and must be fully certified by the manufacturer. Previous regulations have provided a high level of safety for children for many years; current car seats will continue to provide excellent protection throughout their useful life. There is no need to replace a child car seat unless the car seat was in a crash or the car seat has expired.

Parents and caregivers should be aware of the instructions for their child's car seat and ensure that their child is in the seat appropriate for his or her size. Parents and caregivers also need to ensure the car seats are installed and used properly at all times.



Car Seat Clinics - By appointment only

Norfolk County

- Haldimand-Norfolk Health Unit,
12 Gilbertson Drive in Simcoe
Saturday February 11 & Saturday June 2
10 a.m. to 12 p.m.
Thursday April 16 from 6 to 7:30 p.m.
Call 519-426-6170 Ext. 3273 to book an appointment
- Port Dover Fire Hall: Nelson Street
Thursdays from 6:30 to 7:30 p.m.
Call 519-583-2412 to book an appointment

Haldimand County

- Ontario Early Years Center,
172 Argyle Street N in Caledonia
Saturday February 25 & Saturday June 23
from 10 a.m. to 12 p.m.
Monday April 16 from 6:30 to 7:30 p.m.
Call 905-765-1661 or 1-866-463-2459 to book an appointment
- Haldimand-Norfolk Health Unit,
117 Forest Street East Dunnville
Saturday May 5 from 10 a.m. to 12 p.m.
Call 905-318-6623 Ext. 3273 to book an appointment

Post Partum Support Group

Life with a new baby is not always what you expect. Come out and talk to other parents. The group meets the fourth Monday of every month from 1:30 to 2:30 p.m. at the Ontario Early Years Center; 12 Colborne Street, Simcoe. In partnership with H-N REACH, CMHA, and the H-N Health Unit. Please call the Ontario Early Years Center to register for the group at 519-429-2875 if you wish to attend.

Health Matters for Little People is published twice a year (bi-annually) in April and October by the Haldimand-Norfolk Health Unit. To be added to the mailing list, call the Simcoe Health Unit, 519-426-6170



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