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### STAYING HEALTHY AT WORK

#### **Clean your hands**

Wash your hands with soap and water or use an alcohol-based hand sanitizer (min. 60% alcohol). Clean your hands after using the bathroom, after changing diapers, after shaking hands, touching others, touching animals, touching objects around you and before preparing and eating food.

#### **Clean surfaces**

Clean and disinfect commonly touched surfaces like doorknobs, keyboards, telephones etc. often.

#### **Cover your cough**

Cough or sneeze into a tissue, then throw it away and clean your hands. If you don't have a tissue, cough or sneeze into your sleeve.

#### **Stay home when sick**

If you have a fever, vomiting, diarrhea, cough, sore throat, runny or stuffy nose, muscle aches, tiredness or unexplained rash stay home. Return to work one day after you are symptom free.

#### **Get immunized**

It's not too late to get your flu shot. It can help to keep you and the people around you healthy.

For more information on Staying Healthy go to [www.healthunit.com](http://www.healthunit.com)

### **PREGNANT? STAY ACTIVE!**

Pregnancy does not have to stop you from being active! **Walk. Dance. Swim.** Healthy pregnant women can participate in physical activity throughout their pregnancy. **Staying active (walking, swimming, low impact aerobics, etc.) during pregnancy can help you maintain healthy:**

- blood sugars
- weight gain
- blood pressure

If you have been regularly active (3 times per week for 30 minutes) prior to becoming pregnant, continuing to do so can benefit you and your baby.

If you haven't been physically active but want to start, for your health and your baby's, it's not too late. Speak to a health care provider about becoming physically active and complete the Physical Activity

Readiness Medical Examination ([PARmed-X for Pregnancy](#)).

There are a number of resources and supports to help you become or stay active throughout your pregnancy.

The Physical Activity Resource Centre has a great resource with examples of stretches and strengthening exercises, as well as safety guidelines to consider when pregnant. Check out their information on [Active Pregnancy](#).

Middlesex-London Health Unit developed a DVD resource called **Move 4 Two**. It provides a workout that can be adapted and expanded based on a pregnant woman's energy and experience levels. For a free copy of the **Move 4 Two** exercise DVD, call the Health Connection at 519-850-2280.

An [Exercise and Pregnancy](#) Helpline is also available, which offers information to women who have questions about physical activity and pregnancy.

**Remember to keep that spring in your step and have fun!**



## GET SAFE SPA SERVICES

As our thoughts turn to summer we may be thinking about pedicures, waxing and other spa treatments. Most services involve being touched by someone else's hands and using tools that can break the skin or be used on many different clients. If good infection control practices are not followed there is a risk of serious infections. It is important to understand the risks and take precautions to protect yourself.

### **The risks:**

Blood-borne infections (hepatitis B, hepatitis C or HIV) can result from tools contaminated with blood from an infected person, or skin infections/ nail fungus from tools that are not properly cleaned and disinfected or thrown away between clients.

### **Be a smart consumer:**

- ✓ Make sure the spa is inspected by the Middlesex-London Health Unit.
- ✓ Ask how tools are cleaned and disinfected.
- ✓ Avoid getting spa services on parts of your body where you have a cut or wound, a rash, irritation or infection of the skin or nails.
- ✓ If you feel uncomfortable with anything you see or hear, do not be afraid to refuse the service.

It's worth getting it done right! It's your body and your health!

For more information on being protected while being pampered, contact the Infectious Disease Control Team at 519-663-5317 ext.2330 or go to [www.healthunit.com](http://www.healthunit.com)

## SUPPORTING HEALTHY EATING IN THE WORKPLACE

Workplaces are an ideal setting to promote healthy eating. Most full-time employees spend at least 60% of their waking hours and eat at least one meal or snack at work.

Employees who practice healthy eating:

- Have more energy
- Are more productive
- Are better able to handle stress
- Are more likely to maintain healthy weights
- Have lower rates of chronic disease

Benefits to the workplace for having a healthy workplace nutrition environment and reducing chronic disease rates include:

- Higher productivity and lower absenteeism
- Lower rates of injury
- Lower medical claims, disability and insurance costs
- Lower rates of employee turnover

There are risks for chronic disease that we cannot change (e.g., heredity, age). However, healthy eating is a risk we can impact. A Healthy Workplace Nutrition Environment encourages good health and supports healthy eating without putting the burden solely on the individual to make healthy choices. In short, it makes the healthy choice, the easy choice.

Are your co-workers interested in making your workplace more supportive of healthy eating?

Book an interactive, action-oriented session with Middlesex-London Health Unit Registered Dietitian Kim Leacy ([kim.leacy@mlhu.on.ca](mailto:kim.leacy@mlhu.on.ca), 519-663-5317 ext.2353). The session includes a short presentation on the traits of a "Healthy Workplace

Nutrition Environment", followed by participant discussion about ideas for change in your workplace.

There is a 20 participant minimum for workshops, although exceptions may be made for smaller workplaces. Workshops should be booked at least 1 month in advance.

## NEW RESOURCE - ALCOHOL VIDEO "UNDERSTANDING CANADA'S LOW-RISK ALCOHOL DRINKING GUIDELINES"

The Middlesex-London Health Unit has recently released their new video "[Understanding Canada's Low-Risk Alcohol Drinking Guidelines](https://www.youtube.com/watch?v=...)" ([www.youtube.com/user/mlhealthunit](http://www.youtube.com/user/mlhealthunit)).

Watch this short video which explains Canada's Low-Risk Alcohol Drinking Guidelines to find out about:

- What a "standard drink" is
- Guidelines to follow to reduce your alcohol related risks
- When it is important not to drink

Information in the video came from the [Canadian Centre on Substance Abuse's](#) pamphlet, "[Canada's Low-Risk Alcohol Drinking Guidelines](#)". Given the complexity of the low-risk drinking guideline message, this video aims to breakdown the messages in an easy and fun way. Check it out!

For more information about the video or other alcohol related questions, contact public health nurse Melissa Knowler at 519-663-5317 X2252 or [melissa.knowler@mlhu.on.ca](mailto:melissa.knowler@mlhu.on.ca)

**NATIONAL IMMUNIZATION  
WEEK: APRIL 20<sup>TH</sup>  
TO APRIL 27<sup>TH</sup>**

**Protect Yourself. Protect Others.  
Get immunized.**

Vaccines are safe and effective. However, there are still many myths.

**MYTH#1: There are many serious side effects from vaccines.**

“Vaccines are one of the safest tools of modern medicine. In Canada, serious side effects occur very rarely- once in every one million doses of vaccine. The vast majority of side effects from vaccines are minor and temporary”. The dangers of the diseases are much greater.

**MYTH #2: Vaccine-preventable diseases don't exist in Canada anymore, so there is no need for my child to be immunized.**

In Canada, immunizations have reduced most of these diseases to lower levels. However, travelers can bring these diseases into Canada. If we are not vaccinated, then these diseases can quickly spread. “Even if we think our chances of getting any of these diseases are small, they still exist and can infect anyone who is not protected”.

**MYTH #3: Multiple injections can overwhelm the immune system.**

Research shows that your child's immune system can easily handle more than one vaccine safely and effectively at the same visit. Every day our bodies come into contact with millions of germs, causing our

immune system to work to protect us. On the other hand, infants starting the recommended vaccines at two months come into contact with just 34 antigens among the millions handled everyday by our immune system.

For more information on vaccines visit [www.publichealth.gc.ca](http://www.publichealth.gc.ca) and [immunize.ca](http://immunize.ca)

**EARLY YEARS TEAM - FAMILY HEALTH SERVICES**

*The Early Years Team* supports young families in our community with children age 0 to 4 years. Visit our website [www.healthunit.com/BabiesAndYoungChildren.aspx](http://www.healthunit.com/BabiesAndYoungChildren.aspx)

**Health Connection & InfantLine:** “ASK” Public Health Nurses questions about MLHU services and topics including nutrition, illness, community resources and developmental milestones in children age 0 to 6 years.

**Health Connection: 519-850-2280**  
Monday to Friday 8:30am to 4:30pm.

**InfantLine: 519-675-8444** Monday to Friday 4:30pm to 10:00pm, weekends and holidays 10:00am to 8:00pm for questions about breastfeeding & infants age 0 to 12 months.

**Well Baby/Child & Breastfeeding Clinics: “VISIT”**

Public Health Nurses to receive support with breastfeeding, nutrition, parenting, safety, growth and development at one of our free, ‘drop in’ style clinics throughout London and Middlesex County. A Nurse Practitioner is available at selected sites.

Middlesex County:  
519-663-5317 X 3176

City of London:  
519-663-5317 X 3179

Have you visited the Middlesex London Health Unit website for child safety information?  
<http://www.healthunit.com/childsafety.aspx>

Have you thought about safety in the home? Parents with young children are usually very aware of some of the potential safety hazards. However grandparents may be a little farther removed from the young child stage of life. Here is a checklist to help identify those potential problems.  
<http://www.healthunit.com/articlesPDF/12413.pdf>

Did you know baby bunting bag accessories and other thick clothing are not safe for use in car seats? Read more at this link.  
<http://www.healthunit.com/sectionList.aspx?sectionID=794>

For further support, please call Health Connection 519-850-2280.



## PARENTING PROGRAMS & SUPPORTS

The Middlesex-London Health Unit provides a variety of programs and services to support parents in raising healthy, happy children. Programs are free and available in various locations in London and Middlesex County.

For details contact us at:

- Parenting Line 519-663-5317 extension 2378
- [www.healthunit.com/iParent](http://www.healthunit.com/iParent)

### **Infantline/Health Connection**

Public Health Nurses provide confidential support, advice and information for you and your baby from birth to age one. *Health Connection* 519-850-2280  
Monday - Friday 8:30am - 4:30pm. *Infantline* 519-675-8444  
Monday - Friday 4:30pm - 10:00pm, Weekends and holidays 10am - 8pm.

### **Just Beginnings**

A 4-week program for first time moms and their babies under 6 months of age. Topics may include: sleep, safety, feeding, growth and development, play, community resources and coping as a mom.

### **Triple P Positive Parenting Seminars**

Learn about the principles of positive parenting in one of our Triple P parenting seminars. Sessions available for parents of children aged (0-4) Early Years, (5-12) School Aged and Teens. See our website for session dates or call Shelia Hattie-Miller 519-663-5317 ext. 2271 to inquire about booking a workplace session for your group of 20 or more.

### **Parenting Your Teenager Video Library**

Parenting Teens can be rewarding and challenging. Our video library includes 25 short

videos providing information on positive parenting and tips to deal with common challenges. See [www.healthunit.com/parenting-teens.aspx](http://www.healthunit.com/parenting-teens.aspx)

### **Parenting Your Teenager Newsletter**

The Young Adult Team provides a regular newsletter with information to support parents raising teenagers. To sign up contact: 519-663-5317

## WHAT IS A "PSYCHOLOGICALLY SAFE AND HEALTHY WORKPLACE"?

You may have heard this term recently but do you have any idea what it means and why you are hearing so much about it recently? Consider these points;

- Work stress is the leading cause of worker disability
- Work stress is not new but it is reaching epidemic proportions
- 92% of those on a mental health leave reported their workplace as the reason!
- 70-75% of all doctor's visits are now related to stress. In fact it is estimated that 80% of all illness is related to stress

Health and safety experts from across Canada have collaborated on a new CSA Standard that provides a systematic approach workplaces can take to identify and address key risk factors for protecting the mental (psychological) health and safety of employees.

Canadians spend more waking hours at work than anywhere else," says MHCC President and CEO Louise Bradley. "It's time to start thinking about mental well-being in the same way as we consider physical well-being, and the Standard offers the framework needed to help make this happen in the workplace."

Employees can be brought to the brink of mental distress and pushed over the edge by stressful conditions at work. Employers have a significant amount of control over

the work conditions while the employees have very little. A psychologically healthy and safe workplace is one that promotes workers psychological (mental) well-being and allows no harm to worker mental health in reckless or intentional ways (Health and Safety Ontario).

Find out all you **need** to know about the new CSA Standard by joining us at the Elm Hurst Inn on Thursday June 13, 2013. See the advertising flyer and registration information in the mail-out package and in the announcements section of this newsletter. Contact Sandy Richardson, if you require more information [sandy.richardson@mlhu.on.ca](mailto:sandy.richardson@mlhu.on.ca)

### **"Mind your Dollar\$ Connecting Workplace Productivity with Healthy Minds!"**

Thursday June 13, 2013 Elm Hurst Inn, Ingersoll Call Sandra Dineen at 1-800-755-0394 ext. 3420 for details and registration information

The Middlesex-London Health Unit: Health at Work 4 All! program e-bulletin is sent out twice per year, in the spring and fall. It contains health information that workplace health and safety personnel can share with employees and their families. Feel free to copy or post this information in your workplace while acknowledging the Middlesex-London Health Unit, Health at Work 4 All! Workplace Program, as the source.

#### **Who to Contact About This E-Bulletin**

If you have questions, comments, know someone who would like to subscribe or if you would like to unsubscribe to this e-bulletin, please contact the Health at Work 4 All! Program coordinator by emailing: [sandy.richardson@mlhu.on.ca](mailto:sandy.richardson@mlhu.on.ca)



