



Hamilton

Child Care Connection

Connecting the Child Care Community

Publication 3 - 2013

Flu Shots are Important for Pregnant Women and Young Children

The flu

- is a serious illness caused by the influenza virus
- affects the lungs and causes fever, cough, tiredness or sore muscles

Children

- get the flu easily because their immune systems are still growing
- can get very sick from the flu, need hospital care or even die

Pregnant women

- get the flu easily because their immune systems, hearts and lungs change while pregnant
- are more likely to get very sick from the flu than nonpregnant women
- who get the flu can have a miscarriage or deliver their baby early

The flu shot

- is for anyone over the age of 6 months
- is safe for pregnant women at any time during their pregnancy
- is the best way to prevent the flu

For more information, go to www.hamilton.ca/flu or call 905-546-CITY (2489).

Submitted by: Lorraine Grypstra
Public Health Nurse
Public Health Services
Vaccine Preventable Diseases Program

Don't Let the Bed Bugs Bite...



In recent years bed bug reports have increased across Canada, Ontario and even here in Hamilton. Anyone can experience a bed bug infestation no matter how clean and tidy you keep your home.

Bed bugs are small biting insects that multiply quickly, travel easily on clothing or bags and usually come out at night. They are reddish-brown, have an oval shape similar to a sesame seed and are about 4 – 5 mm long. Bed bugs will bite anywhere on the body. Currently there are no known cases of infectious disease transmitted to people by bed bugs. The bite of a bed bug is usually painless but an allergic reaction may lead to redness and swelling.

To prevent bed bugs from coming into your home keep an eye out when house cleaning, vacuum your mattress and check for bed bugs or small blood stains on the sheets. Seal cracks and crevices in your home with caulking, even when you don't have bed bugs; this can prevent bed bugs and other pests from coming into your home. When traveling, inspect the rooms for signs of bed bugs, keep your luggage off the floor, inspect it when you return home and wash your clothes as soon as you get home. Be very cautious about bringing used furniture into your home; never bring discarded furniture into your home as they could be infested with bed bugs.

If you think you have a bed bug infestation, talk to your landlord, your building manager, Public Health Services at (905) 546-2489 or contact a pest control company. For more information about bed bugs please visit www.bedbuginfo.ca.

Submitted by: Connie DeBenedet, C.P.H.I.(C), BAsc., COHS
Vector Borne Disease Specialist
Public Health Services
Health Protection Division

Keep your children safe this winter season!

The winter season is a great time to teach your children about holiday traditions. There are many activities which can help your children stay active throughout the winter months.

Follow these tips to help prevent injuries during the winter season.

Cold Weather

Dress children in warm clothing using:

- Multiple layers
- Jacket (remove drawstrings)
- Hat
- Mittens
- Neck warmer
- Socks
- Waterproof boots

Winter Activities

- Choose a play area away from roads, snow banks, fences, and water.
- Teach children not to build snow forts- they can collapse and suffocate a child.

Ice Skating

- Children should always wear a hockey helmet with a CSA approved label & protective equipment.
- Choose public indoor or outdoor skating rinks.

Sledding/Tobogganing

- Children should always wear a ski or hockey helmet.
- Children under 5 years should always sled with an adult.

Skiing

- Children should always wear a ski helmet & protective equipment.
- Choose open areas away from rocks, trees, water, & icy patches.

Holidays

- Keep holiday trees, lights, candles, and decorations out of reach from young children.
- Install safety gates around fireplaces.
- Read & follow age labels on toys and gifts.
- Make sure an adult is always supervising children at holiday parties.

Submitted by:
Elizabeth Hofmann, RN
City of Hamilton Public Health Services



Check out www.hamilton.ca/childsafety to find safety information for your child's age.