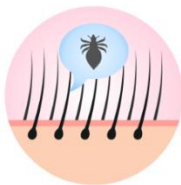


## NIAGARA REGION PUBLIC HEALTH: SCHOOL HEALTH NEWSLETTER

November 2024

### HEAD LICE



Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student’s age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health’s new webpage on head lice for more information: [Head Lice - Niagara Region, Ontario](#)

### YOUTH VAPING PREVENTION

Caring adults have an important role to play in helping kids make decisions about their health. Vaping is harmful and addictive, so we must empower young people with the right health information and refusal skills to ensure they don’t start vaping.

Vaping risks include:

- Addiction to nicotine – nicotine changes how the youth brain develops affecting learning, memory, concentration, and impulse control.
- Exposure to cancer-causing chemicals and metals
- Lung damage
- Increased stress and anxiety
- Increased likelihood of smoking cigarettes



In November, elementary schools across Niagara Region will be receiving vaping resources for grade 7 and 8 classrooms. To compliment the in-class education, we encourage parents and caregivers to learn about vaping and tips on how to talk to your kids about it. For more information, or to download the parent/caregiver *Let's Talk About Vaping* resource visit: [www.notanexperiment.ca/parents](http://www.notanexperiment.ca/parents)

### EpiPen® AND AUTO-INJECTORS

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child’s EpiPen® Auto-Injectors are up to date (not expired).



Check out [Food Allergy Canada - elementary school](#) for some great tips and [resources!](#)

## PROTECT YOURSELF AND OTHERS THIS RESPIRATORY ILLNESS SEASON



Infections like COVID-19, flu and RSV increase in the fall and winter months.



While anyone can get very sick, infections can be especially devastating to the most vulnerable in our community. This includes older adults and people with underlying medical conditions.

There are simple actions we can take to help protect ourselves and others. Use layers of protection:

- Stay up to date with vaccinations
- Stay home if sick
- Consider wearing a mask (for example, based on the setting, your personal risk factors, or comfort level)
- Keep up good hand hygiene – use soap and water or alcohol-based hand sanitizer
- Cover coughs or sneezes with a tissue or into the upper sleeve
- Regularly clean and disinfect high touch surfaces
- Keep indoor air fresh and circulating

Learn more on [our website](#) or [check out our downloadable resource](#).

## NIAGARA PARENTS

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.

### Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support
- Links to services within the community

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.



Providing supports & services to help you raise a happy and healthy family

### Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

[niagararegion.ca/parents](https://niagararegion.ca/parents)  
 905-684-7555  
or 1-888-505-6074 ext. 7555

[parents@niagararegion.ca](mailto:parents@niagararegion.ca)

Niagara Parents

[niagaraparents](#)

Niagara Region