



# HEALTH BUZZ HEALTH BUZZ



## Information For You and Your Child

### Children and Depression

There are ups and downs in everyone's life. We all become unhappy when we experience problems and set-backs. These unhappy feelings are usually temporary. For some people, sad feelings can last a long time and be quite severe. "Depression" is a clinical term used by psychiatrists to describe a long period when a person feels very sad to the point of feeling worthless, hopeless and helpless. It becomes very important that you talk with your child about their feelings and don't ignore the signs.

Depression affects both children and adults. The pressures of school and growing up can be overwhelming and difficult for children to cope with successfully. Typical symptoms of depression can be: loss of appetite, aches and pains, and lack of energy.

A depressed child may think that no one else feels the same way and that no one will understand his/her problems. Often, a depressed child will feel that he/she is disliked by everyone.

When your child is showing symptoms of depression, you can help. Start with saying,

- You don't seem to be feeling like yourself these days, are you OK?
- If they say they are "fine", ask "what do you mean when you say fine?"
- Take time to listen to their concerns and take them seriously. Kids have

stress too.

- If they seem to be feeling sick a lot, offer to take them to the doctor. When you make the appointment, mention that you think your child could be suffering from depression.
- Remember: It is no one's fault; depression is an illness, not a weakness.



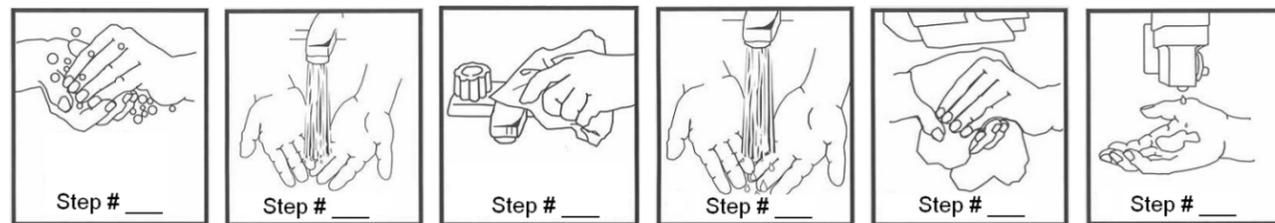
This information was obtained from the Canadian Mental Health Association. You can go online for further information: <http://cmha.ca/mental-health/your-mental-health/children/>

Or try Children's Mental Health Ontario: <http://www.kidsmentalhealth.ca>



### 6 Steps to Proper Handwashing!

Put the following steps in order from 1-6 and prevent colds and flu this winter. Find the answer at the bottom of this page.



Lather for 15 seconds    Wet hands    Turn taps off with towel    Rinse    Towel Dry    Get Soap

Answer: 3, 1, 6, 4, 5, 2



### Winter Safety

Winter activities such as tobogganing, hockey, and playing outdoors are great for your health and can be fun for the whole family. It's also important to stay safe so that you don't get hurt. Here are some winter safety tips to remember:

- Always remember to check any equipment that you will be using to make sure it's in good condition (no cracks or damage). Make sure to have the appropriate gear for your sport ready to wear.
- Check that your hockey helmet is CSA certified and is a good fit on your head.



- You should wear a helmet when skating as well. If skating outdoors, never skate near open water. Know the ice conditions if you skate on lakes or rivers, conditions change and vary for different activities. Log onto [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) (Health Canada) or [www.redcross.ca](http://www.redcross.ca) for more information.
- If you toboggan, make sure you wear a helmet and check that the surroundings are safe. Choose a site away from roads and other dangers such as trees, rocks or fences in your pathway.

- Finally, don't forget to keep warm. Dress your child(ren) in layers and be sure to cover their head and neck. Parental supervision is advised, and also encouraged as you can join in the fun and activity with your child(ren).

Have a safe winter season! For more safety information log on to: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) (Health Canada) [www.safekidscanada.ca](http://www.safekidscanada.ca) [www.thinkfirst.ca](http://www.thinkfirst.ca)



### Tortilla Bean Pinwheels



|         |                             |        |
|---------|-----------------------------|--------|
| 1 cup   | cooked kidney beans         | 250 mL |
| 2 tsp   | molasses                    | 10 mL  |
| 1 tsp   | chili powder                | 5 mL   |
| 1 tsp   | Dijon mustard               | 5 mL   |
| Pinch   | freshly ground black pepper | Pinch  |
| 3       | 8 - inch (20 cm.) tortillas | 3      |
| 1/2 cup | light cream cheese          | 125 mL |
| 4       | green onions, thinly sliced | 4      |

1. In a small bowl or food processor, mash together or process beans, molasses, chili powder, mustard and pepper until smooth.
2. Spread each tortilla with one-third of the cream cheese. Spread bean mixture over cheese. Sprinkle with green onions.

3. Roll up each tortilla, jelly-roll fashion, to make a log. Trim thick ends from each roll. Wrap snugly in plastic wrap or waxed paper. Refrigerate for at least 3 hours or up to 24 hours.

4. At serving time, cut into slices about 1/2 inch (1 cm) thick.

Makes 9 servings, 36 pinwheels



## Immunization is one of the most important ways of keeping your child healthy!

It is law for Public Health Units to keep the vaccine (shot) records of every child in the school system.

Most parents think that the doctor or school will make sure this information gets to the Health Unit, but **this does not happen.** It is **your responsibility** to call the Health Unit every time your child gets a shot or booster shot.

If you choose not to have your child immunized against disease, you must provide the Health Unit with a signed affidavit stating this. These legal documents required by Ontario Law are available at the Health Unit.

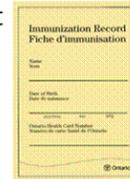
Every year in Chatham-Kent, we have many children who face suspension from school because we do not have this important information on file.



**Please remember, once your child has his/her vaccine:**

- **Have the yellow card or other record of shots updated**
- **Call the information in to Chatham-Kent Public Health Unit or report online at : <https://www.chatham-kent.ca/vaccination/>**

For more information or any questions please call our immunization intake line at 519-355-1071, ext. 5900.



## Leave Me Alone Lice!



Did you know that anyone can get head lice? It is not a sign of being dirty or unclean. School children get lice more often than adults because they are frequently in head-to-head contact with other children. Head lice crawl quickly from one person's head to another and multiply rapidly. They can also spread by objects that touch the head such as hats, combs, headphones, and helmets. Itching and scratching are the most common signs of head lice.

Head lice are 1-2 mm long, are grayish brown in colour, and lie

close to the scalp, usually behind the ears or at the back of the neck. Their eggs (nits) are half the size of a pinhead, grey to brown in colour, and are difficult to see. They may look like dandruff, but they are firmly glued to the hair and can't be flicked off.

How can you control the spread of head lice?

- ✓ Do not share hats, scarves, combs, etc.
- ✓ Tie long hair back in braids
- ✓ Check children weekly for head-lice
- ✓ Tell the teacher and other close Contacts if you find head lice
- ✓ Treat head lice according to your Pharmacist's instructions



## To Base Tan or to not Base Tan ... what a good question!

The winter months are approaching and many Canadian families are planning vacations to warmer places. There are many myths associated with tanning booths and other indoor tanning equipment. Here are a few busted myths...



|         | MYTH  | TRUTH   |
|---------|---|---|
| Myth #1 | Tanning is healthy.   | Tanning booths and the UV radiation they use are classified in the same cancer-causing category as asbestos, formaldehyde, and cigarettes.  |
| Myth #2 | Tanning is safe in moderation.  | Not only does tanning increase your risk of skin cancer and can make you look older, sooner, it releases chemicals in your brain the same way heroin or cocaine would. People can get addicted to tanning! We call it "tanorexia".        |
| Myth #3 | Artificial tanning is a great way to get Vitamin D... especially in the winter. | Vitamin D supplements can give you the same benefit, with less expense, without the risk of causing cancer or making you look old.  |
| Myth #4 | People have been tanning for centuries. Why the worry now?                      | People have only been tanning since it became popular in the 1920s. Fashion guru Coco Chanel returned from a vacation in the 1920s with a golden tan and soon after, everyone was doing it.   |
| Myth #5 | I am only in the tanning bed for less than 10 minutes. How can that be harmful? | The strength of UV rays in a tanning bed are 10-15 times as strong as natural sunlight. So spending 10 minutes in a tanning booth without sunscreen is the same as lying on the beach for over 2 hours without sunscreen. Think about it! |

Keep an eye on the news. There has been a private members bill introduced at provincial parliament that could ban tanning for anyone under the age of 18.

## Food Safety Tips On The Go!



Need food safety advice in a pinch? Then use your iPhone or Android smartphone to download Chatham-Kent Public Health Unit's new **FREE** food safety mobile app called **Food Safety CK**.

**Food Safety CK** gives you instant access to important food safety resources – anywhere, anytime! Access Ontario regulated cooking temperatures, sanitizer preparation instructions, food-borne illness FAQ, recent food safety news, and much more.



**Food Safety CK** is also loaded with interactive features. For instance:

- Interested in signing up for an upcoming food safety course? - **Register yourself!**
  - See something you're concerned about? Email us a picture and description of it. - **We will follow up!**
  - Want to know what happens in the kitchen of your favourite restaurant? - **Review past inspection reports!**
- iPhone users can download **Food Safety CK** through [iTunes](#).  
Android smartphone users can download **Food Safety CK** through [Google Play](#)



Chatham-Kent Public Health Unit  
435 Grand Ave. W., P.O. Box 1136  
Chatham, ON N7M 5L8  
519.352.7270

