

Niagara Region Public Health School Health Newsletter

May 2025

Vision Health Month

A yearly eye exam is **FREE**. The Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to 19 years of age with a valid OHIP card. [Find an eye doctor near you](#).

Also, contact an eye doctor if you see **ANY** of these signs:

- | | |
|--|---|
| • Squinting or holding objects close to the eyes | • One eye that turns out or in |
| • Blinking often | • Rubbing, tearing, itchy or burning eyes |
| • Turning or tilting the head to the side often | • Reporting blurry or double vision |
| • Covering or closing one eye | • Reporting headaches, nausea or eye strain |

For more information on vision screening, please visit

<https://www.niagararegion.ca/health/schools/vision-screening.aspx>

Injury Prevention

Getting a driver's license is an exciting new chapter for teenagers. Although this provides lots of newfound freedom, it is also a critical time to learn about road safety. As parents of teen drivers, it is important to model safe driving behaviours.

Model safe behaviours by:

- ✓ Wearing your seatbelt,
- ✓ Not using a phone while driving
- ✓ Respecting the speed limit
- ✓ Using turn signals
- ✓ Being mindful of other road users
- ✓ Never driving while impaired



Being a good role model for your teens can greatly impact how they will act behind the wheel. To learn more about how what you can do visit [Resources for Parents | CDC Injury Center](#) and [Young Drivers - CAA National](#).

May is Rabies Awareness Month

During Spring, wildlife activity increases and so does the potential for rabies exposures. Rabies is a serious and fatal disease that affects the brain and spinal cord of mammals, including humans.

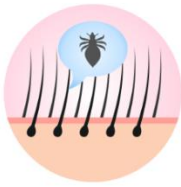
To prevent rabies, avoid any contact with wild animals, especially those that appear sick. Although they may seem cute, do not feed wild animals and most importantly, make sure to have your pets vaccinated.



For more information visit

https://www.niagararegion.ca/living/health_wellness/disease-prevent/rabies.aspx

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](#)