

NIAGARA REGION PUBLIC HEALTH: SCHOOL HEALTH NEWSLETTER

November 2024

HALT THE HAZE – YOUTH VAPING PROGRAM

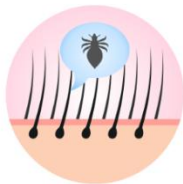
High schools across Niagara have been chosen to be a part of *Halt the Haze*, an in-school program to help students quit vaping. Designated staff will be available to help give students the tools and resources to help them quit. This includes the [QUASH app](#), which guides youth in creating a custom quit plan that focuses on building healthy habits, helps youth manage their cravings and triggers, tracks their progress and create opportunities to celebrate wins.

Any adult can help youth quit! Parents and caregivers interested in helping a young person in their life quit can access resources on how to start a conversation about quitting with the [Brief Conversations Toolkit](#). There will also be Youth Vaping Webinar for parents and caregivers coming soon, so stay tuned for more information.

Just a reminder that under the [Smoke Free Ontario Act 2017](#), it is against the law for those under 19 to vape at school, or within 20 metres of school property. If caught, this can result in a fine of \$305.



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. No matter how old students are, lice could still spread. 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](#)

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 [Resources for teens - Food Allergy Canada](#) 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

905-684-7555
or 1-888-505-6074 ext. 7555

parents@niagararegion.ca

Niagara Parents

[niagaraparents](#)

Niagara Region