



## Public Health Update – February 2018

### **Pertussis – When can your patient go back to day care, school or work?**

- Pertussis is highly communicable in the early catarrhal stage and beginning of the paroxysmal stage (first 2 weeks)
- Communicability gradually decreases and becomes negligible in about 3 weeks.
- A patient is no longer communicable after 5 days of effective (macrolide) treatment
- Advise ill patients to stay away from pregnant moms, newborns & unvaccinated individuals

### **Talk to your patients about the Low Risk Cannabis Guidelines?**

The Cannabis Act is set to move ahead in July 2018. If passed, adults who are 19 years old or older in Ontario, would be able to legally:

- Possess up to 30 grams of legal dried cannabis or equivalent in non-dried form
- Share up to 30 grams of legal cannabis with other adults
- Purchase dried or fresh cannabis and cannabis oil from a provincially-licensed retailer
- Grow up to 4 cannabis plants
- Make cannabis products such as food and drinks at home (provided that organic solvents are not used)

### **What do we know about current cannabis use in our area?**

- 47% reported using two or more times at some point in the past ([CHSR 2015](#))
- 27% reported use in the past year (CHSR 2015)
- 19% of students in gr. 7-12 reported past year cannabis use (Ontario Student Drug Use and Health Survey 2017)
- [ADSTV](#) 2017 AGM reported cannabis as # 3 substance people seeking support for (2016/17)

As a primary care provider you are in a unique situation to make a difference in the health and lives of your patients. Consider talking to your patients about cannabis by:

- **Asking** about use
- **Advising** on the short/long-term physical, mental, emotional and social risks
- **Assessing** readiness to make a change in substance use
- **Assisting** in strategies to optimize your patient's health in regards to substance use
- **Arranging** for additional support

For patients who are already using cannabis products, to reduce harms use the [Lower Risk Cannabis Use](#) guidelines.

CPSO's policy statement on "[Marijuana for Medical Purposes](#)" provides additional guidance.

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