



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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