



## Public Health Update – May 2019

Please circulate this notice to your staff

### Lab confirmed Measles Exposures in Ontario

- As of May 13, 2019, 8 cases of measles have been reported in Ontario. All cases are associated with travel outside of North America.
- Recent Toronto exposure settings include:
  - May 5
    - Pearson International Airport (Terminal 1) between 6 p.m. - 10:30 p.m.
    - Air Canada flight AC848 Toronto to London Heathrow airport, United Kingdom on May 5-6
  - May 8:
    - Toronto Zoo between 1:30 and 5 p.m.
    - Pearson International Airport (Terminal 1) between 5 p.m. - 7:30 p.m.
    - Air Canada flight AC849, London Heathrow airport to Pearson.
- For additional exposure details, see the [Toronto Public Health Media Release](#)
- Clinicians should consider measles in patients presenting with fever and rash and other measles symptoms (cough, runny nose, conjunctivitis), among those with recent travel or who have had known contact with a case of measles.
- See [Southwestern Public Health Information dated May 7](#) for information on measles immunization and travel immunization

### Share with your parents – the 24-Hour Movement Guidelines for Early Years (0-4 years)

The South West Physical Activity Health Promoters Networking (SWPAPN) group has developed a communication campaign to raise parent's and caregiver's awareness of the Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years) and that the whole day matters!

- The campaign's three key messages, **Move More, Sleep Better, and Sit Less for Healthy Child Development** provide practical examples and directs them to the 24-Hour Movement Guidelines to learn more.
- Southwestern Public Health is running the campaign during the months of April, May, and June. You can support the campaign by:
  - Liking and Sharing the facebook posts [@swpublichealth](#) and twitter posts [@SW\\_PublicHealth](#) , or

- Use this [link](#) to access the resources to run the campaign on your social media platforms and promotional TV screen(s) either now, and/or in the future.

## Vaccine Pain Reduction

Taddio A, et al; [Reducing pain during vaccine injections: Clinical practice guideline. CMAJ 2015;187\(13\):975-82.](#)

### Summary of Recommendations

- *no aspiration be used during intramuscular vaccine injections in individuals of all ages*
- *breastfeeding be used during vaccine injections in children two years and younger*
- *sitting upright (rather than lying supine) during vaccine injections in children >3 years & adults*
- *topical anesthetics be applied before vaccine injections in children 12 years and younger*
- *give sucrose solution before vaccine injections in children two years and younger*
- *parents be present during vaccine injections in children 10 years and*
- *education of parents about pain management before & on the day of the injection*
- *education of children >3 years and older about pain management on the day of vaccination*