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Public Health Updates Coming by Email

Moving forward, to provide you with timely and electronic-friendly information, routine public health updates will come to you by email. High priority communications will be supplemented by fax.

HPV Vaccine Expansion to Grade 7

- Starting in September 2016, the HPV program will be expanded to include boys and girls in Grade 7. Grade 8 girls will still be given the vaccine in the 2016-2017 school year.
- ESTPH will be providing clinics at all Elgin County elementary schools to vaccinate eligible students. Once they are eligible, girls and boys can still receive the HPV vaccine for free until the end of Grade 12.
- Health care providers are able to order the vaccine for children who can't or don't want to be vaccinated in schools.
- To find out more about the program expansion, visit:
<http://www.health.gov.on.ca/en/ms/hpv/>

New Recommendations from the Canadian Paediatric Society for Allergy Prevention

For prevention of food allergy in high risk infants (first degree relative with an allergic condition) the CPS recommends the following:

- Do not restrict maternal diet during pregnancy or lactation.
- Breastfeed exclusively for the first six months of life.
- For mothers who cannot or choose not to breastfeed, choose a hydrolyzed cow's milk-based formula.
- Do not delay the introduction of any specific solid food beyond 6 months of age.
- Early introduction of specific foods to prevent allergy (before 6 months of age) is currently under investigation but cannot be recommended at this time.
- Regular, frequent ingestion of newly introduced foods (e.g. several times per week) is important to maintain tolerance.
- For more information click [here](#) for a 1 page summary on our website. Full article available at [Dietary exposures and allergy prevention in high-risk infants](#).

If you would like to unsubscribe from Public Health Updates, send a message to Kim Eitel at keitel@elginhealth.on.ca.

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