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## Public Health Update April 2017

### Free dietitian services for clients and healthcare providers in Ontario

- EatRight Ontario (ERO) is a free Registered Dietitian service provided for all individuals living in Ontario. There are 3 easy ways for consumers and health professionals to access ERO services:
  1. Call toll-free: 1-877-510-5102. ERO phone service is available Monday-Friday 9am-5pm ET. Please note, they are no longer offering evening services by phone.
  2. Email a Dietitian service is available through the website
  3. Access the website at <https://www.eatrightontario.ca/> for healthy eating information, recipes, videos, menu planning tools, and much more.

### Measles and Mumps Activity is Increasing in Ontario – Be on the lookout!

- As of April 7, 2017, four Ontario Public Health Units have reported six laboratory-confirmed cases of measles. There have been no reports of measles in Elgin St. Thomas.
- Indigenous measles has been eliminated from Canada; however, Ontario continues to experience measles activity due to importation of cases from other parts of the world where the disease remains endemic.
- Mumps activity has increased in several parts of North America, including Ontario. Between January 1, 2017 and April 5, 2017, sixteen Ontario Health Units reported 105 cases of mumps (100 confirmed, 5 probable). The majority of cases were reported from Toronto. There have been no mumps reported in Elgin St. Thomas.
- Individuals born between 1970 and 1992 may have only received one dose of mumps-containing vaccine due to historical changes in the immunization schedule in 1996.
- Two doses of MMR vaccine are considered the standard now and individuals with one or no doses received require additional doses.
- To find information on testing, see the Public Health Ontario links for [measles testing](#) and [mumps testing](#).

Live Healthy

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